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Food, Page 1C



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News, Page 3A

# Granite City Journal

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VOLUME 19, NUMBER 11

WEDNESDAY, FEBRUARY 8, 1995

THIRTY-FIVE CENTS

## Candidates spar over records

By Scott Cousins  
Staff writer

Village clerk candidates in Pontoon Beach continue to spar over a request by challenger Mary Rowden to view records kept by incumbent Clerk Lou Whitsett.

On Feb. 1, Rowden, who is running as a member of the United For Progress Party, sent a certified letter to Mayor Glen Wilson, saying that arrangements suggested by Whitsett to view records are inadequate and violate the state's Freedom of Information Act.

"The arrangements set forth...are neither practical nor are they within the law..." according to a copy of the letter given to the *Press-Record Journal*.

Rowden said the letter was delivered Feb. 2, and, according to her attorney, Wilson has seven days to respond.

The letter stems from a request to view files made by Rowden several weeks ago.

Rowden, who served as deputy village clerk from October 1996 to July 1994, said the information she wants is "personal."

In response to her letter, Whitsett sent her a letter saying he would allow her to view the files January 28 or 29. He also added three conditions:

No one would have access to files except in his presence. A "circus" or "witch hunt" would not be allowed, and only one other person could accompany Rowden.

No official records would be allowed outside his office.

Previously, Whitsett said he was trying to keep the records intact, and that Rowden was engaging in a "witch hunt" against him.

Because the village clerk's job is part-time, Whitsett said he is usually unavailable during normal business hours.

On Monday, Whitsett said Wilson told him he would call Rowden and arrange a meeting between himself, Rowden and a deputy clerk.

Whitsett said he did not want Rowden to meet alone with the deputy clerk, because the clerk had worked for Rowden.

"She (Rowden) wants to intimidate the deputy clerk," Whitsett said.

Rowden said her biggest complaint is that Whitsett considers the records his private property.

(See RECORDS, Page 8A)



(Staff photo by KYLE HESTER)

Dee Dee Hodges with "Freddie," her class' pet toad.

## Hands-on learning

### Toads, hamsters pack classroom

Pictures in a science textbook are nice tools for teachers. But when it comes to nature, nothing beats hands-on learning.

And students in Dee Dee Hodges' fourth grade class at Maryville Elementary School have their hands full of a wide variety of toads, hamsters, gerbils, chicks and other animals to teach them about nature.

"The kids really enjoy the hands-on experience. They take care of them every day," Hodges said.

One corner of Hodges' classroom is devoted to various cages and containers housing hamsters, gerbils, chicks, guinea pigs and even a hedgehog. The animals and their habitats are donated by the Maryville Parent Teacher Association and students, or Hodges picks them up at pet stores.

Among the more exotic and colorful animals in Hodges' classroom is a one and one-half inch long yellow-bellied toad.

(See CLASS, Page 8A)

## Leaders pitch area to Mexican group

Business interests from across North America converged on the Metro East Monday and Tuesday.

A nine-member trade delegation from the northeastern Mexican state of Tamaulipas began a two-day tour Monday of the Metro East, meeting with business and economic development officials, including representatives of Madison County, Illinois Power Co. and Ameritech.

Business representatives met with the trade delegation in Collinsville on Monday at the invitation of the Tri-City Regional Port District near Granite City.

Members of the delegation visited the port Tuesday morning.

"The opportunities for our area are indeed bright as a result of the North American Free Trade Agreement and the Port District Commission," said Chip King of Granite City.

"Our port is a bankable asset for the future," King said. NAFTA has improved opportunities for mutually beneficial trade, and there may be Mexican

companies that would like to produce goods in the United States.

Goods can be moved between here and Tamaulipas via the Mississippi River and intracoastal waterways along the Gulf.

"The Mexican representatives are committed to establishing a pipeline of goods to be channeled through the port district for distribution throughout the Midwest," King said.

"We are a major port and we will be a player," he said.

"The future looks bright for the region."

Tamaulipas, which lies along the Gulf of Mexico south of Brownsville, Texas, has well-developed steel, chemical, petrochemical, appliance and automobile parts industries. It is a major port serving much of the Mexican population.

The Mexican delegation is led by Miguel Rubiano Reyna, secretary for economic development in Tamaulipas.

King said the meeting Monday was well attended, with business

interests from as far away as the World Trade Center attending.

Cheryl Jouett, director of Madison County's Community Development Department, said she would not be surprised if the contacts pay off in economic benefits for the area in the next few years.

"I think it means very positive things," Jouett said. "The opportunities are very good."

A delegation of Illinois and Missouri business leaders is slated to make a return trip to Mexico, Chile and Argentina in mid-April.

River Bend Growth Association President Jim Bowman said the meeting was an excellent opportunity to attract foreign investment to the Alton area.

"We'd like to give them a chance to look at our region," Bowman said.

"Small manufacturers in the Metro East may be familiar with the Mexican market, but there may be new opportunities for small- and mid-sized area firms," Bowman said.

(See MEXICO, Page 8A)

## Welfare plans on fast track

SPRINGFIELD — Legislation proposing major changes in the state welfare system, including ending Aid to Families with Dependent Children in 1998, is steaming toward final approval. Identical bills on the Republican "fast track" agenda roared through committees last week in both the House and Senate.

The measures were to reach the full House and Senate this week.

Gov. Jim Edgar has said he would sign the legislation.

The sweeping legislation ranges from bills to encourage teen-age mothers to stay with their parents and finish school to requirements that older mothers seek jobs or lose benefits.

However, some Democrats argued the changes could result in poor children becoming even poorer while not saving taxpayers money.

"This is just a helter-skelter proposal. You're going to throw kids out on the street, and the savings to taxpayers is zero."

— Miguel Santiago  
Chicago representative

The legislation includes more tools to crack down on parents who are delinquent in paying child support — one reason some families go on welfare.

The most controversial provisions limit AFDC eligibility to no more than two years and eliminate the program at the end of 1998. The proposal gives legislators more than three years to develop a replacement system.

In December, about 40,000 people in the five-county local area were among 727,000 people

statewide who received AFDC grants.

However, AFDC payments account for only about 12 percent of the \$7.4 billion annual budget of the Illinois Department of Family Aid.

Medicaid payments to hospitals, doctors and nursing homes account for more than 76 percent.

Public Aid Director Robert Wright said the legislation is not expected to cut welfare costs because any savings from

(See WELFARE, Page 8A)

## In the Journal

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## Coming Thursday

News: Democrats go to court over motor voter law.

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## 100-unit housing project planned



(Staff photo by BOB SLATE)

Standing at the future housing project site are, from left: the Rev. John Henry Williams of New Salem Baptist Church; Venice City Clerk Wilbert Glasper; Alderman Victor Valentine; Bill Thompson, architect; Mayor Tyrone Echols; Lennil Johnson, developer; Lamont Johnson, vice president; Sharon Johnson, developer; and John Love of New Salem Baptist Church.

By Bob Slate  
Staff writer

Construction on a proposed 100-unit senior housing project in Venice is scheduled to begin May 1.

If all goes according to plan, the privately owned complex on Fourth Street in Venice will be ready for occupancy in October.

Lennil and Sharon Johnson, owners of the development company, said Thursday they are awaiting the final phases of financing for the project, which will cater exclusively to tenants 55 years and older and handicapped individuals.

The three-story building will be located on Fourth Street in the Venice tax increment finance

(See PROJECT, Page 4A)

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## Donations weigh in GCHS athletes get new facility

By Bob Slate  
Staff writer

Granite City High School athletes now have a real weight room to build strength and prevent injuries.

"And the new facility is being put together completely through private donations."

"It is a fact that weight training improves athletic performance. The coaches agree and are excited that such a program is starting," said School Board member Jeff Parker, who is spearheading a drive to solicit funds for the weight room in the gym.

"The athletes are excited and are ready to get pumped up, so to speak," Parker said.

Until now, school athletes utilized a makeshift weight room on the balcony of the gym. That facility was shared with students in physical education classes.

But the school board recently

authorized a temporary facility to be used by athletes only for weight training. The Sports Hall of Fame committee is currently considering a new building for weight training, but that project is at least three years down the road, Parker said.

While the Granite City Boosters' Club recently purchased some new weight equipment for the facility, Parker said more money is needed to complete the facility.

Students are selling raffle tickets in an effort to purchase more equipment, he said.

The campaign got off to a good start Tuesday at noon when Dr. Mark Evenson, a local chiropractor and former school board president, donated \$500 to the cause.

"I treat a large number of athletes in my office. The entire school district has been very supportive of my practice over the years and I always try to

find ways to give back to the district," Evenson said.

Less than seven hours later, Dr. Chip King, another local chiropractor, made a donation of \$1,000.

Evenson said weight training is important for athletes.

"We need to support this effort as much as possible," he said.

King, who is a board certified sports physician, agreed.

"I often prescribe resistance training as treatment. It can do a lot as far as prevention of injuries," King said.

King knows what he is talking about. He is a team physician for the Budweiser Water Ski Tour and on staff on the Wrangler rodeo circuit.

Those who wish to make a donation may do so by writing a check to the Board of Education and designating that it be used for athletic weight training.

Those wishing more information may call Moran at the high school at 451-5808 or Parker at 931-1543.



(Staff photo by BOB SLATE)

Dr. Mark Evenson, right, presents a \$500 check to coach Tim Moran. At left is School Board member Jeff Parker, who is spearheading a drive to solicit funds for the new facility.



(Staff photo by BOB SLATE)

Dr. Chip King, left, presents a \$1,000 check for weight training equipment to School Board President Pete Novacich. Also pictured are school board members Walt Whitaker, Rick Dickerson and Jeff Parker.

## 'Hop for Leukemia' slated for Feb. 14 at SIUE

Students at the Southern Illinois University at Edwardsville Early Childhood Center will shake floors, rattle windows, and "Hop for Leukemia" Tuesday, Feb. 14, at the Center located across from the SIUE tennis courts.

LaVerne Wilson, director of the Center, said the children will be "jumping up and down" to raise money for local leukemia patients and research to benefit the Leukemia Society of America.

"This 'Hop for Leukemia' involves students hopping for a two-minute time period," Wilson said. "Relatives and friends, of the student, sponsor the child for any amount of donation per hop that is completed within the designated time. Prizes will be awarded to eligible students and

their school based on the amount of funds raised for their hard work and dedication to the 'Hop.'"

According to officials of the Leukemia Society, the disease affects the blood-forming tissues and is the No. 1 killer of children. Thanks in part to strong public support of the Society since 1964, they said, great strides have been made in therapy and treatment of leukemia.

"Last year," Wilson said, "the Gateway Chapter of the Leukemia Society raised nearly \$40,000 through the 'Hop for Leukemia' program throughout Arkansas, Eastern Missouri, and Southern Illinois."

For more information about the Feb. 14 "Hop for Leukemia," call the SIUE Early Childhood Center, 692-2556.

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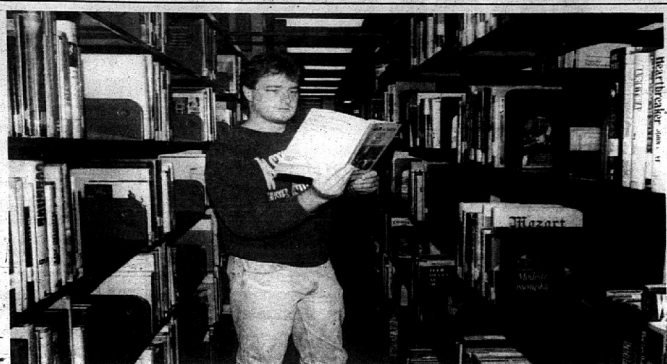
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**Swansea**  
Schnucks Swansea Plaza  
236-7467





(Staff photo by KYLE HESTER)

**Back at it** — Like his classmates, BAC student Jimmy Mundy was back in school at the Granite City Campus. He was in the library here working on a math assignment.

## Hoffman gets leadership post

The Metro East now has a new advocate in an Illinois House floor leadership position. State Rep. Jay C. Hoffman, D-Collinsville, has been handpicked as one of the floor leaders for House Democrats.

"It is a privilege and honor to be a floor leader," Hoffman said. "It is a unique opportunity to advance the interests of the Metro East."

Traditionally floor leaders lead debates on the House floor and point out positive and negative impacts of various legislation.

These debates often decide the fate of controversial legislation. Hoffman was picked for this highly coveted post for his knowledge on fighting crime and promoting higher education.

Hoffman said he thought it was important for someone from the Metro East to be in a House leadership position.

"In the last year we have lost

"It is a privilege and honor to be a floor leader. It is a unique opportunity to advance the interests of the Metro East."

— Jay Hoffman

our two biggest assets — Monroe Plinn and Jim McPike. They always worked hard to make sure our area was always part of any plans," Hoffman said. "I hope I can use this position to continue that tradition."

Hoffman was also appointed to serve as Minority Spokesman for the House Judiciary II Committee, which oversees the Illinois criminal justice system. "As a former Assistant State's Attorney, I learned a lot about the criminal justice system. As a legislator, I continued the fight

against crime. I also work hard to protect and promote victims' rights," said Hoffman, who recently received an award from the State's Attorneys Association for his crime fighting legislation. "As the ranking House Democrat on this committee, I will continue my efforts to see 'Truth in Sentencing' enacted in Illinois so we can put some sanity in our criminal justice system."

Other committee assignments for Hoffman include: Financial Institutions and Judiciary I (Civil Law).

## Sentencing law may bring state more U.S. money

**SPRINGFIELD** — If Illinois passes a truth-in-sentencing law, the state will probably get some federal money to offset the high cost of housing more criminals.

The Violent Crime and Law Enforcement Act, better known as the Crime Bill, authorizes \$7.9 billion to be divided among the states to build new prisons between 1996 and 2000.

Half of that money is set aside for states that adopt truth-in-sentencing laws, which stipulate that criminals must serve at least 85 percent of their sentence before being released.

However, officials say they still don't know how much Illinois would derive from the bill.

"The federal government has not appropriated any funds for the crime bill yet. They have authorized grants but no actual money," said Nic Howell, Department of Corrections.

When money from the bill does filter down to the states, he said he expects his department to get \$3 for every \$5 Illinois spends, based on a report by the Association of State Corrections Administrators.

A source at the Illinois Commission on Intergovernmental Cooperation said the act might be a "hollow promise" because it only authorizes the money. Congress still has to make the appropriation.

Two truth-in-sentencing proposals are to be discussed in the Illinois House. One applies to all felons; another only to the most violent offenders.

It is difficult to tell if either or both laws would qualify to draw federal money, a spokeswoman for the Illinois Criminal Justice Information Authority said.

"Right now we can't assess legislation as to whether it will fit with the federal crime bill

because we have received no guidance from the federal government," said Sharon Bond, director of the authority's office of public information.

Rep. Jay Hoffman, D-Collinsville, sponsor of a truth-in-sentencing bill that would apply to all criminals, said Illinois will "absolutely" get federal money under his bill, as long as Congress does not change the provisions.

"The more comprehensive the bill, the more money the federal government will give Illinois," Hoffman said.

Hoffman said he will release a report Wednesday detailing a specific estimate of the money the state would get.

"Even if truth-in-sentencing is not going to capture federal money, it is important enough that we need it in Illinois," said Rep. Al Salvi, R-Wauconda, the sponsor of the less expensive, targeted bill.

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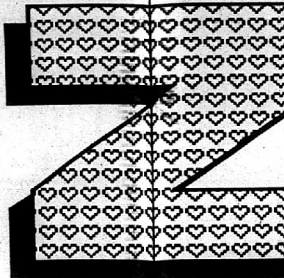
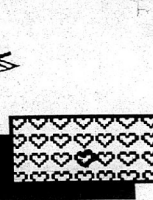
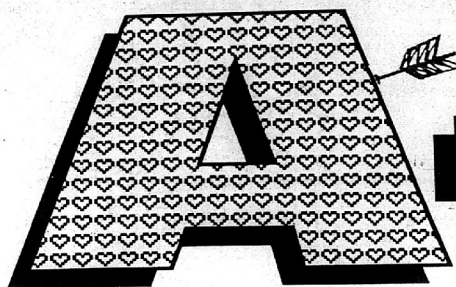
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## Agronomy Handbook available

Improve your yield performance through practical information from Illinois crop production specialists with the Illinois Agronomy Handbook 1995-1996. This 200-page book is packed with useful production and management tips to help you get the most from your crops.

The Illinois Agronomy Handbook provides fertilizer suggestions especially geared to each field and management system that will optimize yield, while minimizing potential for negative impact on the environment. The handbook includes information on the following topics:

# FRANK'S®

tool for a job. But if you try to use each one the way it was meant to be used, you'll have better success at keeping them around longer.

Check each tool for rust. A piece of fine sandpaper or a wire brush will remove it in most cases. Once the rust is gone, rub all metal parts with an oily rag, or apply a few drops of household oil to the metal parts, then rub the oil all over the tool. WD-40 works well, also. Then, using a good grease-cutting detergent, wash the oil off and spray the tool with a non-stick vegetable cooking spray. This is especially true with tools that contact plants, such as shears and lawnmowers.

The chap missed by a mile and parted with the screwdrivers. It wasn't a major loss. The very first Phillips screw, a low-resistance one at that, mangled the tool beyond description. The others didn't fare any better. Two days later the little set of screwdrivers was riding in the back of a garbage truck.

Okay, can't really complain, you get what you pay for, right? But as it turned out, it was a bargain in disguise. That fifty cents produced an excellent education. Never use inferior tools, and that's that. Purchase only the best tools you can find, no matter what their purpose. Poor quality tools break or bend, are difficult to work with, can cause injury, and will always end up being replaced anyway. Buy good ones the first time and you'll solve everything.

Since Frank's area of expertise is garden tools, that's what we'll cover. And garden tools are certainly no different than any other types. Inferior ones can fall at the worst possible time, generally making gardening life miserable. They can be dangerous, too.

Selecting quality garden tools is easy. Simply come to Frank's, where you'll find only tools made by top manufacturers, all priced with your budget in mind. Tools you can use with utmost confidence. Give them a little care, don't abuse them, and you can plan on them being there, ready to serve you when needed.

Why are we discussing garden tools now, in early February? Why not? There's plenty of time to examine them and get them in tip-top shape before they're needed. Plus, if any need to be replaced, it's better to find out now rather than in the middle of a project next summer. And right now, the selection of tools at Frank's is great, since many people wait until spring to purchase. So here are some garden tool care tips.

First of all, use tools for their intended purpose. We're probably all guilty at one time or another of using the wrong

**It's easy to find durable, top-quality garden tools. Simply visit your nearest Frank's!**

**Watch Sunday's Journal  
for more tips from  
the experts at Frank's!**



# GOLDEN APPLE AWARDS

*Because teachers  
deserve extra credit, too.*

St. Clair Square is offering you a *golden* opportunity to acknowledge an outstanding teacher through the Golden Apple Awards - our teacher recognition program developed with the endorsement of Martha O'Malley, Regional Superintendent of Schools in St. Clair County.

A good educator can make the difference of a lifetime for our children. Not only do they enrich their lives with knowledge...they nurture curiosity ...encourage creativity...and foster confidence in the adults of tomorrow. Oftentimes, without even a thank you.

Now in its fourth year, the Awards are our way of showing support and appreciation to the teachers of St. Clair County and providing you with the opportunity to honor those teachers whom you feel have made an exceptional contribution toward the education of our children.

All teachers currently teaching in St. Clair County, in public or private schools, are eligible and may be nominated by either a parent, student, fellow staff member, administrator, or community member. However, previous Golden Apple Award recipients are not eligible.

Teachers nominated will be contacted for additional information. A panel of judges which will include retired teachers, representatives from the Regional Superintendent of School's Office, and representatives of St. Clair Square will select 25 teachers, each of whom will receive a prestigious Golden Apple Award.

These teachers will be honored at The Golden Apple Awards Ceremony, a festive celebration to be held in May at St. Clair Square.

**GOLDEN APPLE AWARDS NOMINATION**

Teacher's Name \_\_\_\_\_  
School \_\_\_\_\_  
Subject/Grade Level \_\_\_\_\_  
Your Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

**I AM A (CHECK ONE):**

- ☐ Parent  
☐ Student\*  
☐ Fellow Staff Member  
☐ Administrator  
☐ Community Member

Along with this form, please include a letter (not more than two pages) describing the outstanding qualities of the teacher being nominated, as well as other pertinent information. Nominations will be accepted through Wednesday, February 22, 1995. Please bring your nomination to the St. Clair Square Management Office or mail to:

**THE GOLDEN APPLE AWARDS**  
St. Clair Square  
134 St. Clair Square  
Fairview Heights, IL 62208

\*Nominations by students are restricted to teachers whom students have had in previous years and not during the 1994-1995 school year.

**ST. CLAIR SQUARE**  
I-64 at Route 159. Fairview Heights.

## LOCAL NEWS

### School district receives new grants

The Granite City Community Unit School District 9 has received an additional \$1,950 in grants during the past two months.

Both Marshall Elementary School and Grigsby Junior High School received a \$75 Madison County Solid Waste Grant from the Madison County Building, Zoning and Environmental Department. Each grant pays for 10 months of school paper dumpster rental and provides \$200 for environmental education materials.

A \$500 Illinois Project WILD action grant from the Environmental Education Association of Illinois has been awarded to Elizabeth Hall, sixth-grade teacher at Niedringhaus Elementary School, for an innovative beautification garden project which will include plantings of trees, bushes, flower mixtures and herbs.

This Butterfly Garden will be part of the Outdoor Classroom. The objectives of this project are

to expand the Outdoor Classroom activities for the target population class and all other elementary classes; to provide a habitat for butterflies, some of which are endangered; to introduce students to one of the world's most beautiful insects, the butterfly; and to teach students how to preserve and care for butterflies in their environment.

Three \$100 Illinois Power classroom grants were awarded as follows: Dennis Church, foreign language teacher at Granite City High School, for his project, Photographic Flash Cards. Four sets of flash cards of every-day objects will allow the foreign language teacher to practice and discuss plus teach and clue students, without resorting to English within the foreign language.

Bruce Martin, fourth-grade teacher at Frohardt Elementary School, for his project, What is Electricity? This project facili-

tates a better understanding of electricity. Students learn about protons, electrons, circuits and safety through hands-on activities. They make their own circuits and test boards.

Donna Carli, fourth-grade teacher at Mitchell Elementary School, for her project, A Portable Science Cart for Materials. Supplementary materials, including books and resources for hands-on experiments, motivate students to learn about science and its role in their lives. Students increase their scientific knowledge and keep up-to-date as to what is new in science today.

The school district had already received more than \$500,000 in grants this year prior to the ones mentioned above.

An article in the Jan. 4 *Journal* mistakenly listed the amount of an Illinois State Board of Education Early Childhood grant at \$880. The actual amount was \$39,880.

### Hospital department changes name

A rose by another name may smell as sweet, but new technology can change a department's duties so much that their name may no longer be adequate. That happened to the Medical Records Department at St. Elizabeth Medical Center.

"The American Medical Records Association changed its name to the American Health Information Management Association (AHIMA) due to the recognition AHIMA gained by taking a leadership role in developing health information computing standards," said Julia Adams Rogliano, director of the Health Information Services Department at SEMC.

"AHIMA asked all health care organizations to use the title Health Information Services to provide a more consistent name for patients, physicians, nurses, ancillary care staff and other external professional agencies. We announced the change in our department's name Nov. 1."

Health Information Services provides services through the following areas: cancer registry, correspondence, main office, medical transcription, quality management and utilization management.

The cancer registry, which has received the American College of Surgeons (ACS) Commission on cancer certificate approval since 1984, follows up on all cancer patients diagnosed and or treated at SEMC. The ACS approval means SEMC provides the best in diagnosis and treatment of cancer and meets national standards to ensure patients receive the best possible care at the local level.

Research studies are performed frequently. Physicians review cases at monthly meetings.

Correspondence receives 800 requests a month from physicians, attorneys, hospitals and other health care institutions, government agencies, insurance companies and patients for release of medical information.

The medical record of a patient is the property of SEMC and is maintained for the benefit of the patient, the medical staff and SEMC. The information in the record belongs to the patient and cannot be released to unauthorized individuals without the written consent of the patient, a subpoena, a court order or statute. The laws which regulate the release of this information vary from state to state.

The main office assembles, analyzes, processes and files 700 inpatient, 2,700 emergency room and 12,000 outpatient records per month.

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ALL OAK DEACON BENCHES, COFFEE & END TABLES ON SALE STARTING AT \$99  
NO PLASTICS • NO VENEERS • NO PARTICLE BOARD

100% U.S.A. Solid Oak BEDROOM SUITE  
\* Full Queen Headboard  
\* 2 Dr. Triple Dresser  
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List \$3,200  
SALE PRICE \$1,980  
30% OFF! \* On Headboard, Chest, Dresser and Mirror

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Solid Pine 100% U.S.A. PENCIL POST BED  
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### Conference to focus on erosion, water management

"Building for Success" is the theme of the fourth St. Louis Metro Area conference on urban erosion and storm water management Feb. 16 at the Harley Hotel in Earth City, Mo.

Developers, planners, engineers, inspectors and public officials who attend will receive information and practical advice which can help them control erosion, sediment and storm water runoff in rapidly urbanizing areas.

This Bi-State conference has been planned by six Soil and

Water Conservation Districts in the metropolitan area: Jefferson, Jersey, Madison, St. Clair, St. Charles and St. Louis along with the USDA Natural Resources Conservation Service and Environmental Management Corporation.

Dennis Dreher, director of the Natural Resources Department for the Northeastern Illinois Planning Commission, will kick off the conference with lessons from the Chicago area as he talks about "Comprehensive Site Planning: Avoiding Future

Shock." Conference attendees will have their choice of six current sessions ranging from applying for grant money to streambank stabilization, basic conservation practices, planning and implementing ordinances and wetland and water quality issues.

A registration fee of \$25 includes lunch and materials. Registration is limited to 175 participants.

Program agendas are available at the Madison County Soil and Water Conservation District.

# FRANK'S

## SAVE 25%

### on Every Valentine Rubber Stamp

Don't forget... Valentine's Day is Feb. 14th!

Candy for your Valentine!

**Save 25%** on Every Valentine Rubber Stamp  
\* Embellish cards, bags, mugs and much more  
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**35¢ to 7.99** on All Valentine Candy and Candy Making Supplies  
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**2 for \$5** Silk Pansy Bush  
\* With 14 gorgeous blooms  
\* Great Valentine's gift • Reg. 3.99

**Save 25%** All Decoral Frames  
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**3.49 each** Sunflower Seed  
\* Ollers or stripes • Favorite of many wild birds • 10 lbs., reg. 4.99

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Thoughtful gifts that keep on giving!

**Valentine's Day Flowering Plants 1.99 to 9.99**  
Tropical Terrarium Plants 2 for \$3  
\* Mix or match, reg. 2.49 and 2.69  
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**Save 25%** All Ceramic Pottery  
\* Imported & domestic • Ass'd sizes, styles • Reg. 1.99-29.99

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Bridgeton  
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Sign up today for CRAFT CLASSES!  
Additional details at stores.

**Visit Our Pet Care Departments at all Frank's locations!**

Store Hours: Mon. thru Fri. 10am to 8pm, Sat. 9am to 8pm, Sun. 10am to 5pm. Sale ends 2-15-95

## Valentine Values

**SAVE 33% - 55%**  
On an assortment of Howard Miller clocks. From decorative wall clocks to elegant, hand-crafted grandfather clocks, we've got just the right clock to fit into your home and lifestyle. There's no time like the present to save on a gift for the love in your life.

Stop in and see the assortment we can offer you.

**HOWARD MILLER**

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Sugg. retail \$215

**\$499** Sugg. retail \$599  
\* 12" x 12" x 12"  
\* 12" x 12" x 12"  
\* 12" x 12" x 12"

**\$399** Sugg. retail \$525  
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\* 12" x 12" x 12"  
\* 12" x 12" x 12"

**\$199** Goldwood, 27" tall  
Sugg. retail \$215

**\$1199** Meadows, 64" tall  
Sugg. retail \$2800  
LIMITED QUANTITIES

**\$1199** Continental, 63" tall  
Sugg. retail \$2800  
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## Police Students

By Joe Leicht Staff writer

Some 50 senior St. Louis Police Academy students at Waterloo got the chance to bounce the hot of the day off at a occupies one of D.C.'s inner city. U.S. Rep. Jerry D- Illinois, dropping weekend at home and spoke to the catching a plan Hill.

Costello, who Illinois' 12th District began by describing background for traced his own elective governor "frustration with he'd experience in law enforcement. "At the time serious problems. Clair County D So I decided to County Board of some good p those straighte Costello went made the leap politics when f Melvin Price d projects that d

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# Politics 101 — Costello-style

## Students get chance to question Congressman

By Joe Leicht  
Staff writer

Some 50 seniors in Ron Costello's American Politics class at Waterloo High School got the chance recently to bounce the hot political questions of the day off a man who occupies one of Washington, D.C.'s inner circles.

U.S. Rep. Jerry Costello, D-Illinois, dropped in following a weekend at home in Belleville and spoke to the class before catching a plane back to Capitol Hill.

Costello, who has represented Illinois' 12th District since 1988, began by describing his political background for the students. He traced his involvement in elective government to "frustration with the system," he'd experienced while serving in law enforcement.

"At the time, there were some serious problems with the St. Clair County Detention Center. So I decided to run for the County Board and, with the help of some good people, we got those straightened out," he said. Costello went on to say that he made the leap into national politics when former U.S. Rep. Melvin Price died, leaving some projects that the two men had

"I think (Clinton) is doing a good job. History will remember that he was willing to make some difficult decisions. But in politics, perception is reality, and early on, he made some crucial political mistakes."

— Jerry Costello

worked on unfinished.

Costello said he was recently rated the most conservative Democrat in Illinois by the Conservative Coalition, a political watch group.

Costello said he is proud to be a Democrat, "though I don't always agree with my party on everything. I call issues as I see them."

Costello conceded to one student who'd asked what the first day of Congress' new session was like that, "If you were a Democrat, it was depressing. But I think you will see some good things happen."

He listed balancing the federal budget, adopting the line-item veto and lifting some federal regulations as positive steps to look for.

Asked what aspects of his job

he likes best, Costello said it's the times he's able to help constituents with problems they have with the federal government. "There's not a day goes by that I don't call someone up and deliver good news."

When students asked Costello where he stood on drafting a school prayer amendment, he said he was not in favor of such an amendment, but supports a voluntary moment of silence.

He also said he supports increasing the minimum wage. "But I can't tell you I'm in favor of raising it a full dollar just now."

Costello fielded the inevitable questions about President Bill Clinton and House Speaker Newt Gingrich.

"I think (Clinton) is doing a good job. History will remember that he was willing to make

some difficult decisions. But in politics, perception is reality, and early on, he made some crucial political mistakes," Costello said.

He criticized Clinton's handling of the gays-in-the-military issue, health care reform and the crime bill as decisions that have hurt the president's public standing. "As a taxpayer, who wants to pay for midnight basketball?" he said.

Of Gingrich, Costello said that he'd do well to "get his feet back on the ground" and "stop shooting from the hip."

Costello said that reforming welfare should be a priority for Congress and the executive branch. "We need to get welfare back to being what it was originally intended to be — a safety net for people who find themselves temporarily out of work. Not many people realize this, but the reason most people stay on the welfare rolls is for the health benefits. The two issues (welfare and health care) are linked closely."

Costello concluded the 45-minute question answer session by inviting students to get involved in the political process at the local level and to seek internships working for representatives and political campaigns.



(Staff photo by KYLE HESTER)

'Round we go — Johnathan Morgan, 16 months old, left, and Cory Walters, 2, both of Granite City, enjoy the playground at Wilson Park.

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**WRESTLING**  
Granite City meets Belleville East in dual-team regional final.  
Thursday

# LOCAL JOURNAL SPORTS

**HOCKEY**  
Warriors close regular season.  
Thursday

**Bob Emig**  
Change in image paved the way for Lincoln High

The news that East St. Louis Lincoln High — along with Edwardsville — was accepted into the Southwestern Conference last week came as a surprise — almost a shock — to me. After my initial reaction, there was a great deal of delight.

My sportswriting days started in East St. Louis at the long-defunct (1979) *Metro-East Journal* in 1966. Of course, I covered many Lincoln athletic contests over the years.

AS A NATIVE OF Belleville, I didn't have much contact with black people, but I certainly worked with a lot of black athletes and coaches during my *Metro-East Journal* days.

I'll never forget colorful characters like larger-than-life Earl "Tree" Harris, Big Art Marshall, grandfatherly George Holliday and everybody's friend, Jimmy Adams — all Lincoln coaches. They were fun to be around. I had no problems with them, nor did I have problems with their players — either at home or on the road.

That's not to say there weren't problems at Lincoln. The 1970s especially were tough in terms of race relations throughout the country. Some of that filtered into Lincoln. Which long-time area sports fan can forget the near riot at the Edwardsville High gym when Lincoln was competing there in a basketball sectional? That for a long time was the image of Lincoln.

BUT TIMES HAVE CHANGED. Old wounds have healed. Principals and athletic directors have been replaced with new faces.

"Pinch me ... Lincoln is in the Southwestern Conference? Say, what?"

"We're elated," said first-year Lincoln principal Jimmy Lewis about his school's acceptance into the SWC, starting in the 1996-97 season.

The affable Lewis undoubtedly is one of the main reasons Lincoln is now a member of the SWC. Lewis made a name for himself at East St. Louis Senior High, long a SWC member, as the Flyers' head track coach in the 1970s. During his eight-year stint, the Flyers ran off four straight state titles. He also served as a Flyers assistant football coach for 13 years.

## Grapplers roll to regional title



Chris Janek works on pinning Cahokia's Albert Loughery (below) Saturday. Janek went on to knock off longtime foe Jan Yates of East St. Louis Lincoln for the heavyweight title.

Nine champions lead way to dual final, GCHS sectional

By Rob Raphael  
Staff writer

Even the competitive atmosphere of a regional meet couldn't keep the Granite City Warriors from going about their business with style.

The Warriors advanced 12 of their 13 competing wrestlers to this weekend's Granite City Class AA Sectional and ran away with the Cahokia Regional team title Saturday.

Granite City (246 points) nearly doubled the point total of Belleville East (124), its nearest competitor in the team standings. The Warriors and Lancers moved on to the team regional final and were scheduled to meet in a dual Tuesday night at GCHS.

Cahokia finished third with 106 points. O'Fallon was fourth at 76, followed by Belleville West (71½), Lincoln (66) and East St. Louis, which did not score.

The match had the packed Cahokia gym on their feet, and it was the talk of all the coaches afterward.

"It was a great finish. You don't see many heavyweights go under, nearly get pinned and get back up," O'Fallon coach Bill Matzker said.

"IT WAS A great match," Granite City coach Mike Garland said. "In 90 percent of the close matches, conditioning makes the difference. I think the big difference in Chris this year has been his conditioning, and he proved it (Saturday)."

"He nearly got pinned, but Jan doesn't want to get pinned," said Lincoln coach Henry Medley. "I could see both of them squaring off again next week and maybe even at state. But I was proud of the way Jan came back from the early deficit."

The Warriors finished the regional with nine champions, two runners-up and one third-place finisher.

Bobby Chausselet gave an omen of things to come, getting past O'Fallon's Nick Burrows 7-5 at 103 pounds. Tim Fulkerson won the 112-pound class when Lincoln's Peatro Davis suffered a dislocated shoulder in the match's first 10 seconds.



T.J. Slay was not major, and he should be ready for sectional action.

### Seven-team field no match for Granite City

By Rob Raphael  
Staff writer

The Granite City Warriors had every opportunity to fail on Saturday, but instead they reaffirmed their greatness.

By advancing 12 of a possible 13 wrestlers in the Cahokia Class AA Regional — including nine champions — the Warriors proved they are among the state's elite teams.

AS TOUGH AS the competition was at the regional, the War-

riors were even tougher.

Granite City's 246-point total was nearly double that of Belleville East, which placed second and had nine sectional qualifiers.

Granite City and East were scheduled to wrestle for the team regional title Tuesday night at Memorial Gymnasium in Granite City. The sectional tournament will also be held at GCHS, beginning Friday.

to wrestle that much better at the sectional."

The Granite City sectional will include individuals from four other regionals at Chatham Glenwood, Wood River, Mt. Vernon and Centralia.

"EVERY TEAM HAS good individuals," Mike Garland said. "I would say that Civic Memorial and Mt. Vernon are probably the teams that we will have to watch out for."

### Panthers' 3-point bombs sink GCHS

By Scott Marion  
Staff writer

Just when O'Fallon High basketball coach Norm Tonjes was beginning to doubt his team's outside shooting ability, the Panthers proved him wrong.

O'Fallon made 11 3-point baskets — including six by senior guard Lance Wyatt — in Saturday's 74-56 win over visiting Granite City.

"LAST NIGHT IT WAS Jason Frey and Monte Mister (in a 58-52 win over Marion) and tonight it was Monte and Lance," Tonjes said. "We had been a good 3-point shooting team until Christmas, but since then we've had maybe one player in a game who has shot well."

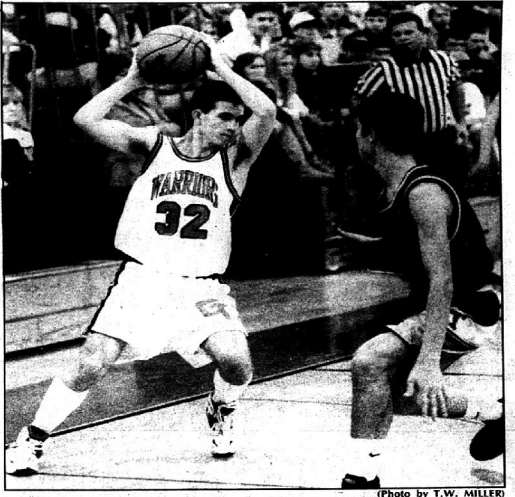
"I was thinking about cutting back on the 3-point attempts, but the kids had shown in the summer and the fall that they could hit them."

The nonconference victory improved O'Fallon's record to 14-5. Granite City suffered its seventh straight loss and dropped to 4-15.

"They have some good out-court shooters, but they also have a very good inside player (Chris Thunell)," Warrior coach John Van Buskirk said. "What do you give up? We did a very good job defensively in the first half, but they started hitting the 3-pointers in the third and fourth quarters."

O'Fallon got off to a fast start, as a trey by Mister gave the Panthers an 8-0 lead. But Granite City bounced back and trailed by just two points (17-15) after a physical first quarter which featured several shoving matches under the basket.

"IT GOT TO be more than a basketball game in the first quarter," Van Buskirk said. "We've struggled this year and our record may not be very good, but the kids have pride. They fought (See GCHS, Page 3B)



GCHS guard Jay Simpson (left) had 17 points in Saturday's 74-56 loss at O'Fallon.

### Journal Writers' Poll Wrestling

- Granite City (1).....70
  - Hazelwood East (2).....63
  - St. Charles West (3).....56
  - Wentzville (5).....48
  - Francis Howell (4).....41
  - Belleville East (6).....35
  - Howell North (7).....23
  - McCluer North (9).....16
  - Collinsville (8).....12
  - Fox (NR).....9
10. Fox (NR).....9  
(Last week's rankings in parentheses)

Also receiving votes: Vianney, Pattonville, DeSmet and Hazelwood Central.

O'Fallon 74, Granite City 56			
	FG	3pt	FT
GRANITE CITY	1	4	3
Jay Simpson	1	4	3
Monte Mister	0	0	0
Jason Frey	0	0	0
Chris Thunell	0	0	0
Wesley Myers	0	0	0
Mike Plach	0	0	0
Mark Anderson	0	0	0
Greg Vaughn	0	0	0
Chris Thunell	0	0	0
Timmy	0	0	0
Total	1	4	3
O'FALLON	11	6	11
Jason Frey	3	3	3
Monte Mister	4	0	0
Chris Thunell	0	0	0
Wesley Myers	0	0	0
Mike Plach	0	0	0
Mark Anderson	0	0	0
Greg Vaughn	0	0	0
Chris Thunell	0	0	0
Timmy	0	0	0
Total	11	6	11

### The Body Shoppe

Ex-bodybuilder provides personal weight training at Madison gym

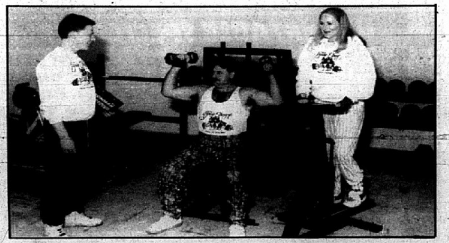
By Tony Panozzo  
Staff writer

A personal training program and the right exercise equipment can make sticking to New Year's resolutions a bit easier. Steve McKinney has combined both at the Body Shoppe.

McKinney, a former amateur bodybuilder, is the owner and operator of the Body Shoppe, located in Madison. The business is tailored to people interested in undergoing exercise and dieting programs on a personalized level.

McKinney, 34, is a certified athletic trainer who works with clients seeking individual-based fitness at their convenience. Over the past six years, his gym has provided area residents a chance to work out in a private and supervised setting.

"WE'RE IN business to help people," McKinney said. "We target people who want to lose some weight and reduce stress. We've designed a program that (See BODY SHOPPE, Page 3B)



Steve McKinney (left), owner and operator of the Body Shoppe, instructs Michael and Gretchen Magliari.

Southwestern Conference			
Team	League	W	Overall
Collinsville	1	7	15
Belleville East	4	2	11
Belleville West	2	8	20
East St. Louis	2	4	5
St. Charles West	3	6	10
Alton	1	4	6

**Saturday, Feb. 4**  
Belleville East 93, Mascoutah 65  
Fallon 74, Granite City 56  
Lincoln 54, East St. Louis 49  
Riverside Gardens 84, Alton 65

**Friday, Feb. 10**  
East St. Louis at Belleville East, 5 p.m.  
Granite City at Collinsville, 8 p.m.  
Alton at Belleville West, 8 p.m.

**Saturday, Feb. 11**  
Belleville West at Alton, 8 p.m.  
Quincy at Collinsville, 8 p.m.  
St. Charles West at Belleville East, 8 p.m.  
Vianney at East St. Louis, 8 p.m.

## •Grapplers

(Continued from Page 1B)

Yoshida at 1:36. Slay was possibly the meet's most dominant wrestler. After a first-round bye, Slay pinned his next two opponents in a total of 2:41.

Brian Schooley followed at 1:35 with a 12-1 decision over Cahokia's Romel Witcher. Kevin Feigenbutz got by West's James Wright 6-4 at 1:40 and Joe Egan defeated Cahokia's Andre Roberts 10-7 at 1:45 in one of the meet's more exciting matches.

John Venne had the unenviable task of going up against one of the top-ranked wrestlers in the state — Cahokia's Titus Taylor — at 132 pounds, and Venne lost by technical fall in 5:18.

Joe Scott advanced by winning the third-place match at 160 pounds when he pinned O'Fallon's Kevin McKay at 3:11. Scott was edged out 5-3 by eventual 160-pound champ C.J. Fernandez of East in the semifinals.

The final three classes belonged to the Warriors. Tony Buczek (171 pounds) got by East's Dave Butz 8-6, and John Sellers (189) pinned Lincoln's Dionte Harper in 5:55. That set the stage for Janek's decision over Yates in the heavyweight division.

"We had a good week of practice, and I think we were focused on winning this regional," Garland said. "Any time you advance 12 wrestlers, you have to be pleased, although we advanced 13 last year."

"Now we get ready for the sectionals this weekend. We will have to be in better shape for the sectionals, because of the better competition."

Although the Lancers finished over 100 points behind GCHS, they made their mark on the regional by advancing nine wrestlers, including two champions.

Charles Stacy won the 125-pound title by default over Mendonville. East's other winner was 160-pounder C.J. Fernandez, who outpointed Cahokia's Lemondre Robinson 9-3 in the final match. Butz was the Lancers' only runner-up.

Rob Naylor led a group of six third-place finishers for East with a 4-2 decision over Granite City's Mike Glover. Clay Belsman (130 pounds) slipped by O'Fallon's Todd Keilbach in an exciting overtime match, 2-0, and Matt Eiskant (135) won by technical fall over O'Fallon's Glen Reigelman at 3:24.

Harvey Taylor (145) won by

## Cahokia Regional

Team scores:  
1. Granite City 246; 2. Belleville East 124; 3. Cahokia 106; 4. O'Fallon 79; 5. Belleville West 74; 6. Lincoln 66; 7. East St. Louis 0.

103 — Bobby Chauslett (GC) def. Nick Burrows (OF), 7-5; 3. Steve Moore (GCHS) def. Nick Bingham (BE), 11-0. 112 — Tim Fulkerson (GC) by injury default over Peatro Davis (LIN), 3. Jerome Muldrow (CAH) def. Eric Baltz (BW), 6-2. 119 — Scott Vittek (OF) def. Demond Crisp (LIN), 12-1; 3. Rob Naylor (BE) vs. Mike Glover (GC), 4-2. 125 — Charles Stacy (BE) by default over Mark Mendonville (GC), 3.

132 — Joe Scott (GC) def. Neal Butz (BW), 16-9. 135 — T.J. Slay (GC) pinned Dave Yoshida (BW), 1:38; 3. Clay Bertelsman (BE) def. Todd Keilbach (OF), 2-0. 137 — Brian Schooley (GC) def. Romel Witcher

(CAH), 12-1; 3. Matt Eiskant (BE) def. Glen Reigelman (OF), 3:24. 140 — Kevin Feigenbutz (GC) def. James Wright (BW), 6-4; 3. James Janek (CAH) def. Marshall Goodman (OF), 10-3. 145 — Jeff Estrada (GC) def. Andre Roberts (CAH), 10-7; 3. Harvey Taylor (BE) def. Brian McElroy (BW), 4-46. 152 — Titus Taylor (CAH) def. John Venne (GC), 5:18; 3. Joe Ballard (BE) def. Michael Sargent (LIN), 12-0. 155 — J. Fernandez (BE) def. Lemondre Robinson (CAH), 9-3; 3. Joe Scott (GC) pinned Kevin McKay (OF), 5-3. 171 — Tony Buczek (GC) def. Dave Butz (BE), 8-6; 3. Dan Guenther (BW) def. Tyrone Smith (CAH), 6-1. 189 — John Sellers (GC) pinned Dionte Harper (LIN), 5:55; 3. Alti Taylor (BE) def. Josh Theobald (BW), 11-6. 275 — Chris Janek (GC) def. Jan Yates (LIN), 15-9; 3. Phil James (BE) def. B.J. Bartelsman (BW), 12-3.

technical fall over West's Brian McElroy at the 4:46 mark. Joe Ballard (152) got by Lincoln's Michael Sargent, 12-6, and Phil James defeated West's B.J. Bartelsman 12-3 in the third-place heavyweight battle.

"It's nice advancing nine, but I was hoping to get even more," East coach Norm Dahm said. "I thought we got some big individual efforts today, and we wrestled well as a team."

Cahokia had just one champion on Taylor, who defeated Venne after pinning Lincoln's Michael Sargent in the semifinals.

"Titus geared it up today," Kristoff said. "He wrestled his style and took control early."

Three Comanches finished as runners-up. Witcher, Roberts and Robinson. Four advanced to the sectional tournament by winning their third-place matches.

Steve Moore shut out East's Nick Bingham 11-0 to take third at 102, and Jerome Muldrow got by Belleville West's Eric Baltz 6-2 to take third at 112.

Also winning their third-place matches were Cahokia's James Foster at 125 pounds and James Pasley at 140 pounds. Foster got by West's Neal Butz 16-9, and Pasley easily defeated O'Fallon's Marshall Goodman 10-3.

Of O'Fallon's three qualifiers, one finished first, one placed second and one placed third.

Scott Vittek continued his fine wrestling in the postseason, as he crushed Lincoln's Demond Crisp in the finals 12-1 to win the 119-pound title.

O'Fallon's other sectional qualifiers were Burrows and Alti Taylor, who defeated West's Josh Theobald 11-6 for third.

West's three qualifiers were Yoshida and Wright, who both placed second, and Dan Guenther, who defeated Cahokia's Tyrone Smith 6-1 for third place.

Lincoln got a bad break in the finals, and then the domino effect took over, Medley said.

Peatro Davis, ready to take on Fulkerson in what promised to be an exciting title match at 112, suffered a dislocated shoulder less than 10 seconds into the match and defaulted.

"It was a shocker," Medley said. "The kids are down right now, because they realize they didn't wrestle their best Saturday. But they were all so stunned by what happened to Peatro, I think it took a toll on us."

Doctors successfully put Davis' arm back in its socket, and he will be re-evaluated this week.

Davis advanced along with the other Tigers. Davis, Crisp, Harper and Yates all fell short in championship matches.

Lincoln's final qualifier was Yates, who did something perhaps no one else in the state could do against Janek — get up off his back.

"I thought Jan showed his championship level in that match," Medley said. "To get up after Janek had him down was amazing, and after that point Jan actually stayed right with him."

## •Regional

(Continued from Page 1B)

said. "They came out hard and aggressive, and that's always been their style. None of this take 'em down, let 'em up stuff; they like to wrestle on the mat. I think that style will help them update."

"We all respect that Granite

City program," Lincoln coach Henry Medley said. "They have such quality people, and they have worked so hard over so many years to accomplish what they've done."

"Everyone in the area benefits from their success. Their greatness adds legitimacy to the other programs in the area."

Matzker added the entire region will pull together and root for any area team that advances to the state tournament.

"Nobody wants to go up there and sit by themselves," he joked. "But everybody pulls together when Granite City or any other area team gets that far."

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## •GCHS

(Continued from Page 1B)

back.

"O'Fallon began to pull away in the second quarter, as a 3-pointer by Jared Oliver made the score 30-21 with 3:56 to play. A pair of free throws by Miller gave the Panthers a 39-27 halftime lead.

"In the first half, we ran a lot of plays in and out of the game because some guys weren't getting in the right spot against their zone," Toenes said. "Once some kids came in and got in the right place, we started to score some points."

(Ryan) Peterson, Oliver and (Dan) Sergott did a good job. The Panthers built on their lead in the second half, as a basket by Brian Proffitt made the score 59-43 after three quarters. A 3-pointer by Wyatt — who had a game-high 22 points — put O'Fallon ahead by 20 (65-45) with 6:17 left in the game.

"For us to play O'Fallon close, we have to make no errors," Van Buskirk said. "We had a few could've been our misfortune last year."

"WE'VE PLAYED good games against teams like Edwardsville and we played a good game tonight. But we're still trying to find consistency."

Mister added 20 points for O'Fallon. Thunell, a 6-8 senior, was held to 13 points, well below his average.

Chris is seeing all kinds of defenses designed to take him out of the game," Toenes said. "But other people have stepped out to help us."

The Panthers shot 77 percent (17 of 22) from the free throw line compared to 32 percent (11 of 34) for Granite City.

"We've been shooting free throws pretty good all year, but we put them in the line more than I like," Toenes said. "It seems like our defense has gone downhill the last few weeks. We're getting beat off the dribble way too much."

Ray Smith and Jay Simpson led the Warriors with 18 and 17 points, respectively. Kyle Briggs added 10.

JAY IS ONE of our leading scorers and is a very good point shooter," Van Buskirk said. "We're really happy with Ray Smith. He's a sophomore and he keeps improving each game."

"I have to give credit to Jason Leach and Wayne Myers, they worked hard. But the other kids are helping them. As a team, we still have a long way to go."

Granite City will visit Collinsville in its next game Friday.

## •Body Shoppe

(Continued from Page 1B)

takes people less than three hours a week to do.

"We've designed some programs where people can really get results."

The programs vary, but most of McKinney's clients attend three sessions per week.

When his gym first opened, McKinney's business operated under monthly membership for individuals. But the business has evolved and is now an alternative to larger health clubs.

Over the past two years, McKinney has geared his business toward married couples interested in exercising together.

Couples who join typically schedule appointments around their work schedules and usually make visits in the evening or on weekends, McKinney said.

"It's a great deal for husbands and wives," McKinney said.

"People are intimidated by going to a large gym. They don't know what to do. We make it very personal and private, and we make people feel comfortable."

Everything you need is here."

The gym features various exercise stations, from a riding bike and stair climber to weight benches and other weightlifting equipment. McKinney helps determine which activities benefit his clients the most.

McKinney also helps set up nutrition and weight-reducing programs for people interested in establishing and maintaining a proper diet.

"This is a way of life. It helps build self-esteem."

McKinney has been involved in weight training and athletics for the past 15 years. As an amateur bodybuilder, he won the Mr. Southern Illinois title at a National Physique Contest meet in Marion in 1990.

During the 1990s, McKinney played softball professionally for the St. Louis Merchants, a team that played 200 games per year. McKinney became certified as an athletic trainer in 1989 and decided to go into business along with his wife, Jennifer. They have two sons, Kyle and Joshua.

"One of the local gyms I was working out at closed, so I thought I'd open one of my own," McKinney said. "I've been in it a long time. It's keeping us busy and it's going very well."

"Personal training seems to be the wave of the 90s. It's big in California. It's an enjoyable business because people walk away happy."

McKinney's customers have varied from high school students to married couples to the elderly. He has also trained with Pittsburgh Steelers star and Granite City product Kevin Greene.

The family-oriented business has attracted clients from throughout the St. Louis area, and McKinney has helped numerous people combat arthritis, poor eating habits and stress.

Rates for each workout session are \$15, and \$20 for married couples.

McKinney's gym is currently upgrading and remodeling. For information on a session at the Body Shoppe, call 451-1761.

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# SPORTS

## Sports shorts

**Soccer coaches clinics**  
The Southern Illinois Soccer League is sponsoring a series of coaching clinics featuring Pat McBride, Bob Kehoe and Dan O'Keefe this month at the Granite City YMCA.

The clinics are open to any coach — recreational or select — and will be held 10 a.m.-noon on consecutive Saturdays from Feb. 11-25. The cost is \$15 for one clinic and \$75.00 for each successive clinic in advance, or \$20 at the door.

The Feb. 11 clinic is for coaching 12-and-under teams. The Feb. 18 clinic is for coaching 14-and-under teams, and the Feb. 25 clinic is for coaching 16-and-under teams.

The clinics will cover individual, group and team skills and will include talks by McBride, Kehoe and O'Keefe. McBride, a former St. Louis college and professional standout, is an A license coach and was recently inducted into the National Soccer Hall of Fame. Kehoe is a former Granite City North and national team coach, and O'Keefe is a 10-year veteran of the National Professional Soccer League.

Registration is now being taken for the clinics. For more information, call George Schwendemann at 451-6527.

**Park District sign-ups**  
The Granite City Park District is now taking registration

for its 1995 baseball and ponytail softball programs at the Wilson Park office. The Park District will offer a T-Ball program for 6 and 7-year-old boys and girls for the first time.

The age groups are divided by birth date as follows:  
Age 6: Sept. 1, 1988-Aug. 31, 1989; Age 7: Sept. 1, 1987-Aug. 31, 1988; Age 8: Sept. 1, 1986-Aug. 31, 1987; Age 9: Sept. 1, 1985-Aug. 31, 1986; Age 10: Sept. 1, 1984-Dec. 31, 1985; Age 11: Born in 1984; Age 12: Born in 1983; Age 13: Born in 1982; Age 14: Born in 1981; Age 15: Born in 1980; Age 16: Born in 1979; Age 17: Born in 1978; Age 18: Born in 1977.

**Soccer camp**  
The Quad-Cities Soccer Association and the Madison County Soccer Association will hold a spring and fall fundamental soccer camp for boys and girls born in 1981.

The registration deadline is March 4. For more information on signing up, call Connie at 878-9000.

**Legacy scramble**  
The Legacy Golf Club is taking entries for its President's Day scramble, to be held Monday, Feb. 20.

Fee times for the three-player scramble will begin at 10 a.m. The fee is \$25 per player and includes greens fees, cart and

prize money. For more information, call 931-4653.

**Softball registration**  
The Granite City Steel Softball Association will hold a registration meeting from 7:30-9 p.m. tonight at Hook's Tavern for any teams that did not attend the meeting in January.

If a team representative cannot attend the meeting, call Walt Jones at 656-4786 or Tim Morton at 876-7745 to make other arrangements.

**Mitchell registration**  
The Mitchell Athletic Club will again be sponsoring Khoury League sports this year. Registration for the summer season will be held every Tuesday and Wednesday through February.

New teams and existing teams will be formed based on child's birth year. Sign-ups will be held 6-8 p.m. Tuesdays and Wednesdays at the Mitchell School gymnasium, 316 E. Chain of Rocks Road.

The fees for a minimum 10-game schedule are as follows: T-Ball (children born 1989-90), \$25; Coach-Pitch (children born in 1988), \$35; girls fast pitch softball (8-and-up), \$30; and boys baseball (8-and-up to Senior League), \$35.

Anyone interested in managing, coaching, umpiring or needing more information can call Larry Monroe at 797-1532.

**Pontoon Khoury sign-ups**  
The Pontoon Beach Khoury League will hold sign-ups for the 1995 baseball and softball season on Thursdays and Saturdays through February.

Sign-ups will be held 6-8 p.m. on Thursdays at the Pontoon Beach Senior Citizens Hall and from 11 a.m.-1 p.m. Saturdays at Tracy's Shirt Shop, 4084 Park Lane.

Registration requires an original and copy of child's birth certificate. The fees are \$30 for baseball, \$20 for softball, \$20 for adult softball, \$20 for T-Ball and \$20 for coach-pitch.

For more information, call Tracy at 931-1291 or Kathy at 797-6738.

The Pontoon Beach Khoury League will hold a benefit dance Feb. 25 at Amvets Hall in Madison. Tickets are \$25 per couple or \$15 each and include admission, dinner and dancing from 6 p.m. to midnight. Music will be provided by Mountain Gravy. All proceeds will go toward setting up and maintaining fields for the Pontoon Beach Khoury League. For more information, call 797-2238, 797-6738 or 931-1291.

**SIUE baseball clinics**  
Southern Illinois University-Edwardsville will hold its Pitchers and Catchers Developmental Clinic on Feb. 18 at the Vadalabene Center.

SIUE will also conduct three developmental hitting clinics: 6-9 a.m. Feb. 22; 6-9 a.m. Feb. 23; and 1-3 p.m. Feb. 26. The pitchers and catchers clinics, for players ages 13-19, will be held 9:30 a.m.-3 p.m. Feb. 18. The clinic will consist of individualized instruction in all phases of pitching and catching.

The pitchers clinic will feature Granite City native Kirk Chambliss, a pitching coach for the Birmingham Barons — the Chicago White Sox Class AA affiliate — and the same team that featured major league hopeful

Michael Jordan last season. The catchers clinic will feature Champion's brother, Keith, a scout in the Chicago Cubs organization and a former minor league catcher.

The clinic will be limited to 75 pitchers and 50 catchers. The cost is \$50 and includes a summer baseball camp discount and lunch.

The hitting clinic, for players ages 12-19, consists of three sessions and is limited to 48 hitters per session. The cost is \$25. For more information, call 692-2871.

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185/80SR14	W/W	59
185/80SR14	BLK	62
195/75SR14	W/W	60
205/75SR14	W/W	62
205/75SR14	W/W	63
205/75SR15	W/W	64
205/75SR15	W/W	66
215/75SR15	W/W	67
225/75SR15	W/W	68
235/75SR15	W/W	69

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P205/75SR14	W/W	81
P205/75SR14	RWL	81
P205/75SR15	BLK	65
P205/75SR15	RWL	88
P215/75SR15	BLK	71
P215/75SR15	RWL	89
P215/75SR15	W/W	87
P225/75SR15	BLK	76
P225/75SR15	W/W	87
P225/75SR15	RWL	89
P235/75SR15	W/W	97
P235/75SR15	RWL	89
P235/75SR15	XL W/W	93

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P195/75SR14	W/W	85
P205/70SR14	BLK	86
P205/70SR14	W/W	89
P205/75SR14	W/W	93
P205/70SR15	BLK	89
P205/70SR15	W/W	92
P205/65SR15	BLK	88
P205/65SR15	W/W	92
P215/70SR15	W/W	95
P215/70SR15	W/W	96
P225/75SR15	W/W	99

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ECONOMY ALL-SEASON 35,000 Mile Tire	ALL-SEASON 45,000 Mile Tire	IMPORTS COMPACTS	PREMIUM TOURING 65,000 Mile Tire	PERFORMANCE S-SPEED RATED	PERFORMANCE H-SPEED RATED	ECONOMY ALL-SEASON LIGHT TRUCK	PREMIUM ALL-SEASON LIGHT TRUCK
<b>WHITEWALL</b> P155/80R13 \$29 P175/80R13 36 P185/80R13 38 P185/75R14 40 P195/75R14 42 P205/75R14 44 P205/75R15 45 P215/75R15 46 P225/75R15 47 P235/75R15 48	<b>WHITEWALL</b> P155/80R13 \$40 P165/80R13 44 P175/80R13 45 P185/80R13 46 P185/75R14 50 P195/75R14 51 P205/75R14 52 P215/75R14 53 P205/75R15 54 P215/75R15 55 P225/75R15 56 P235/75R15 57	<b>MERIT BLACKWALL</b> 155SR12 \$39 145SR13 39 155SR13 40 165SR13 42 165SR15 48 175/70SR13 47 185/70SR13 48 185/70SR14 50 195/70SR14 52 195/70SR14 52 205/70SR14 55	<b>WHITEWALL</b> P175/70R14 \$68 P185/70R14 69 P195/70R14 71 P205/70R14 72 P215/70R14 74 P205/70R15 74 P215/70R15 77 P225/70R15 80 P235/70R15 84 P205/65R15 72 P215/60R16 78 P225/60R16 83	<b>RAISED WHITE LETTERS</b> P195/70SR14 \$68 P205/70SR14 69 P215/70SR14 71 P215/70SR15 74 P225/70SR15 77 P235/70SR15 81 P235/70SR15 85 P215/60SR14 76 P205/60SR14 79 P235/60SR15 82 P245/60SR15 86 P275/60SR15 90 P215/65SR15 79	<b>BLACKWALL</b> LT235/65SR14 \$59 185/65SR14 61 195/65SR14 66 185/65SR15 69 195/65SR15 73 205/65SR15 73 185/60HR14 58 195/60HR14 61 205/60HR14 65 195/60HR15 64 205/60HR15 68 215/60HR15 72 225/60HR15 79 225/60HR16 88	<b>RAISED WHITE LETTERS</b> P235/75R15 \$69 30x9.50R15/6 77 30x9.50R15/4 84 31x10.50R15/4 91 LT235/85R16/10 99 LT245/75R16/10 122 LT265/75R16/6 121 LT255/85R16/8 138 8.75R16.5/8 114 9.50R16.5/8 125 33x12.50R16.5/8 152	<b>SNOW TIRES NOW IN STOCK CALL FOR PRICES</b>

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## Military

Travis McGovern, Navy Seaman L. McGovern, Hayden of Grant completed U.S. ing at Recruit ing at Great La During the gram, McGovern variety of train ed classroom hands-on inst emphasis on p particular, M naval custom fighting, water vival and a v skills requi around ships a McGovern a also received Navy's core courage and what the word personal and duct McGovern and women v Navy this year country. He is a 1994 western High

## Church Women United holds meeting

The regular Church Women United unit meeting was held Jan. 26 at the Central Christian Church in Granite City with Helen Stumpe, president, in charge of the meeting and the devotion, which preceded the meeting.

The program for the annual meeting held Jan. 5 was distributed together with the new by-laws that were adopted. Annual reports for the past year were included in the program.

Upcoming dates include:  
 March 3, World Day of Prayer at 1 p.m. at the Trinity Methodist Church, 25th and Henry streets.

April 2, "Music, Music" at the St. Elizabeth Catholic Church, 2300 Pontoon Road, from 2 to 4 p.m. The cost will be \$3. Many musical groups from many churches and individuals will provide the music. This annual program has been very well received in the past 11 years of its existence.

April 30, CROP walk in Granite City. Recruiter meeting at Trinity Methodist church at 7 p.m.

May 5, May fellowship day will be held at 11:30 a.m. at Hope Lutheran Church, 3715 Wabash Ave., in Granite City. A salad luncheon will be served for which tickets are needed.

May 19 and 20, State assembly to be held at the National Shrine of Our Lady of the Snows in Belleville. The Christian Women United choir will sing at this meeting.

Sept. 8 and 9, Christian Women United retreat at King's House in Belleville. A tour of the facility may be offered after the area institute planning committee meeting held at 10 a.m. Feb. 13.

Oct. 27-29, Regional assembly in Louisville, Ky.

Nov. 3, World Community Day held at Third Baptist Church, 25th and Grand Avenue.

Annabelle Patton reported that Seibold's Bakery will furnish, each month, boxes in which layettes can be placed when given to mothers of newborn children.

Churches that will host the Lenten luncheons and services that begin at 12:05 p.m. are as follows:

March 1, St. Peter United Church of Christ (Ash Wednesday).

- March 8, Third Baptist Church.
- March 15, Trinity Methodist Church.
- March 22, Dewey Avenue Methodist Church.
- March 29, Good Shepherd Methodist Church.
- April 5, Suburban Baptist Church.
- April 14, Niedringhaus United Methodist Church (Good Friday).

The next meeting of Christian Women United will be held at 7 p.m. Feb. 22 at Central Christian Church. This meeting is in place of the regular morning meeting.

Those in attendance were Ruth Lelik, Lena Seitzer, Dorothea Rivemburgh, Dorothy Kinney, Doris Votaw, Ola Jones, Mae Lee, Jean Hileman, Nina Corzelli, Louise Anderson, Dolores Mosley, Annabelle Patton, Mildred Jungels, Doris Edwards, Eva Clemmons, Helen Stumpe, Millie Clements, Marie Moore, Doris Anderson and Pastor Rose Hermonat.

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Hi there! — Colonial Care Center recently hosted a "Pet Day." Visitors and staff were encouraged to bring in their pets. In this photo, resident Agnes Garin, seated, is greeted by "Barney," Standing is "Barney's" owner, Tracey Alfaro, a secretary at Colonial Care Center.

### Military

#### Travis McGovern

Navy Seaman Recruit Travis L. McGovern, son of Helen J. Hayden of Granite City, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

During the eight-week program, McGovern completed a variety of training which included classroom study, practical hands-on instruction and an emphasis on physical fitness. In particular, McGovern learned naval customs, first aid, fire fighting, water safety and survival and a variety of safety skills required for working around ships and aircraft.

McGovern and other recruits also received instruction on the Navy's core values — honor, courage and commitment; and what the words mean in guiding personal and professional conduct. McGovern joins 55,000 men and women who will enter the Navy this year from all over the country.

He is a 1994 graduate of Northwestern High School in Palmyra.

#### Ian Whitsell

Navy Airman Ian J. Whitsell, son of Audrey E. Subblefield of Granite City, recently returned from a six-month deployment to the Western Pacific Ocean with Strike Fighter Squadron 97, embarked aboard the aircraft carrier USS Kitty Hawk.

Whitsell was one of 5,000 sailors and Marines aboard the carrier who completed the 31,000-mile voyage which included joint operations with the U.S. Air Force and multinational exercises with naval forces from South Korea, Japan and Australia.

Home based at the Naval Air Station at Lemore, Calif., Whitsell's squadron flies the F/A-18C Hornet, a twin-engine, supersonic strike fighter capable of providing protection against enemy aircraft, delivering ordnance on targets ashore and at sea and providing close-air support for troops on the ground.

He joined the Navy in July 1991.

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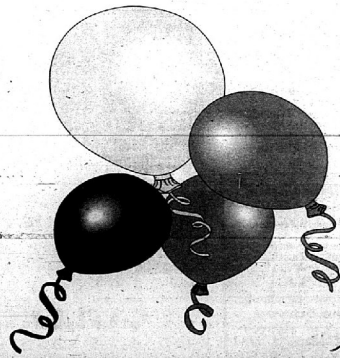
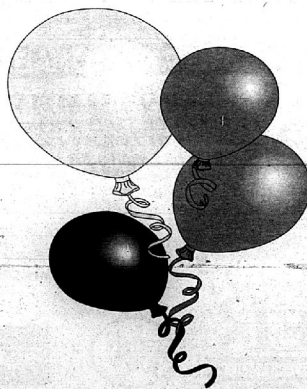
THRU FEBRUARY 15 ONLY

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# FAMILY



Ray Gereoff

## Cubs Scouts hold pinewood derby

Cub Scout Pack 15, sponsored by Eagles Aerie 1126, held their Jan. 15 pack meeting combined with their pinewood derby race at the Eagles Hall in Granite City.

Cub Master Richard Waeltermann asked Den 6, led by Bob Gregonis and Sandy Tudor, to present the colors. Waeltermann announced that the Blue and Gold banquet, to be held at 4 p.m. Feb. 19 at the Eagles Hall, will include the graduation of the second-year Webelos. Waeltermann then asked Den 6 to retire the colors. Two Aerie members, Gary Hoerle and Tony Modrusic, were asked to judge the most unique car at the pinewood derby. The winner was Scott Wright of Den 1.

Waeltermann asked the scouts, "Are you ready to race?" A big yes was given. Marking the race charts were Pam and Bledsoe. The starter was Charles Mueller. Troop 48 Boy Scout Douglas Mueller was the judge on the electric finish line. Waeltermann led the Tigers in their race of Hot Wheels on the track. The first-place winner was Phillip Barrios. Second place went to David Oliver and third to R.J. Barrios. Winners of the Cub Scouts were as follows: Wolves, Ray Gereoff, first place; Brett Dickinson, second place; and Shawn Morales, third place. Bears, DE Shaune Ballard, second place; and Daniel Brock, third place. Webelos, Matt George, first place; Dan Worthen, second place; and Gary Huges, third place.

The overall winner of the Pack 15 race was Ray Gereoff. Den 1, led by Pam Bledsoe and Rosemary Gereoff. The district pinewood derby playoffs will be held March 11 in Highland. Times will be released at a later date. Winners of Pack 15 will receive their trophies at the Blue and Gold banquet.



Scott Wright

## Church schedules Valentine banquet

The 14th annual Valentine banquet, sponsored by Grace Baptist Church, will begin at 6:30 p.m. Feb. 10 at the Granite City Township Hall, 20th Street and Delmar Avenue. The doors will open at 6 p.m. The banquet will include a catered meal and a music variety show, comparable to those seen at the Lake of the Ozarks.

Tickets may be purchased for \$7.50 per person at the church office, 2600 Edwards St. Call 677-6672 for more information.

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## Church to host seminar

The Christian Education Committee of St. John United Church of Christ, 2901 Nameoki Road, in Granite City, is sponsoring a one-evening seminar with Granite City Police Department officer Mike Sparks at 7:30 p.m. Thursday, Feb. 16, in the fellowship hall of the church. The seminar is designed for families. Children and their parents or guardians, as well as interested adults, can hear about the problems facing our children and also talk about some of the solutions.

Sparks will talk to both the children and the parents during the first part of the program. During the second part, the children will watch videos while Sparks talks directly to the parents and answers their questions. There is no cost and no advanced registration required. The public is invited.

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## Comm

Our even includes entire groups and days. Such as First Monday, First Tuesday, First Wednesday. Readers are these groups days pose un... Correction: deletions on encouraged, may be ad... calling the n... This calen... Wednesday's

## Wednesday

America Retired Per Valentine da City Townshi Ave. Doors Refreshment followed by meeting Dan p.m. with a donation wi door. All sen welcome. Fo call 876-8328. Granite City from 6 to 9 City Public information, Mount Zi Church, 2237 Jn Granite clothing ave need from 10 Pulmonary persons with 4000, 11 a.m. and 6 p.m. son, Gran 807-6600. Alcoholies St. Elizabeth Ark Day C Granite City Elased ex Wednesday Collinsvill District in Boots and S Club will sp Jersons from jam, 2200 Vi ville. The c son, per information 344-4183, or 346-7529. Divorced Ministry, 7 ed Church Street, Edw Al-Anon Foundation, ville, 463-24. Parents meets 6 to 10 on wh

## Im



EVERYONE DAY

## Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000. This calendar runs in every Wednesday's Journal.

## Wednesday, Feb. 8

American Association of Retired Persons Chapter 1340, Valentine dance at the Granite City Township Hall, 2060 Delmar Ave. Doors open at 5:30 p.m. Refreshments served at 6 p.m. followed by a short business meeting. Dancing will begin at 7 p.m. with Jerry's Kids. A \$2 donation will be taken at the door. All seniors 50 and over are welcome. For more information, call 876-6328.

Granite City Chess Club meets from 6 to 9 p.m. at the Granite City Public Library. For more information, call 876-4328.

Mount Zion General Baptist Church, 2827 Mockingbird Lane, in Granite City, will offer free clothing available to those in need from 10 a.m. to noon.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Docors Solarium, St. Elizabeth Medical Center, 798-3019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Roots and Slippers Square Dance Club will sponsor square dance lessons from 7 to 9 p.m. at Latham, 2209 Vandavia St., Collinsville. The cost is \$2.50 per person, per session. For information, call 344-4636 or 344-4183, or contact CARD at 346-7529.

Divorced and Separated Group Ministry, 7:30-9 p.m., Eden United Church of Christ, 903 Second Street, Edwardsville, 656-9268.

Al-Anon, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville, 463-2429.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be

held, call Elaine Landolt, 462-2714.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it.

For more information call 877-4420. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

## Thursday, Feb. 9

Edwardsville Kennel Club, 7:30 p.m., Hayes Mallory Community Building, 216 Crane St., Edwardsville, open to public.

Madison County Genealogical Society, meets 7 p.m. at Immanuel United Church, 800 N. Main, Edwardsville.

Navy Mothers Clubs of America, meet at 7:30 p.m. at the Veterans Foreign Wars Post in Granite City. Mothers, fathers,

daughters, wives or sisters of former and present Navy, Marines, Coast Guard or Sea Bees are encouraged to join. For further information, call 931-2292 or 876-2209.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive, Mitchell.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Take Off Pounds Sensibly Chapter 2363, 6:45 p.m. at Anchorage Recreation Center, 2909 Edwards St. For information, 797-6351 or 877-2784.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2018 Delmar Ave., 24-hour hotline 398-9409.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call 1 (314) 638-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

Friday, Feb. 10

Eagles Auxiliary 1128 will sponsor a dessert sale from 5 to 8 p.m. at the Aerie fish fry, 2558 Madison Ave., in Granite City. The proceeds benefit the group's Alzheimer's Fund. Contact Vera Johnson, chairman, for more information.

Southern Illinois Divorced and Separated Catholics, 7:30 p.m., St. Boniface School, 128 N. Buchanan, Edwardsville.

Downtown Neighborhood Restoration Society, Granite City, 876-7715, 8 p.m.

Hereditary Ataxia (a disorder of nerve cells in the spinal cord and cerebellum) support group. Call Curt Williams, 877-5172, for information.

Al-Anon meets at 8 p.m. at Pascal Hall on the main floor at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

Saturday, Feb. 11

Bubble Masters Dive Club

will host a valentine dance at 6:30 p.m. at the Croation Home, 10th and Madison. The Deliverance band will play. Cost is \$12.50 per person, which includes beer, snacks and set-ups.

Quad City Youth Fellowship, 2257 Cleveland, 7 p.m., 931-3480 or 877-4848.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

(See CALENDAR, Page 8B)

**VALENTINE'S DAY**  
Delights

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- Wound healing and the Wound Clinic held at Memorial

**DATE, TIME, PLACE**  
Tuesday, February 21, 1995  
7 to 8:30 p.m.  
Memorial Hospital Auditorium

**INFORMATION**  
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- **Leg Ulcer** - from narrowing of the arteries causing reduced blood flow in legs.

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# Calendar

(Continued from Page 7B)

## Sunday, Feb. 12

Midwestern United States Imperial Dance Club (MUSIC) will hold its regular meeting at 6 p.m. at the American Legion Hall in Collinsville. The public is invited for dance lessons and open dancing at a cost of \$4 for nonmember and \$2 for members. For more information, call 463-2465.

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.  
Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.  
Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, PASCAL Hall, main floor, Granite City, 1 (800) 307-6600.  
Eagles Auxiliary 1126 Bingo, 1 p.m. at the Namoki Bingo Center. Also included will be a color raffle and a 50/50 drawing.  
Overeaters Anonymous, meets at 2 p.m. in the Wiesman Room, first floor, St. Elizabeth Medical Center in Granite City.

## Monday, Feb. 13

Granite City Lions meet at 7 p.m. at the Knights of Columbus Hall in Granite City in either the auxiliary room or the Pinta room. Any man or woman 18 or older interested in Lionism is welcome to attend. Anyone interested may call Lion President Marlene Cook at 876-2515 or Lion Treasurer Ken Turcott at 877-6776.

Madison/St. Clair C.H.A.D.D. (attention deficit) Parent Support Group meeting has been canceled until further notice. For more information, call Jim and Kathy Little at 345-0933. Lucille Caban at 876-7028 or Sheila Hornsey at 462-4015.

National Association of Retired Federal Employees (NARFE) Chapter 1067 meets at 11:30 a.m. at Charlie's Restaurant in Granite City. For more information call 931-2118 or 876-8450.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.  
Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2429.

Neglected Victims of Child Sexual Abuse, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 892-2197 for details.

TOPS 2648 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City; 876-2124.

TOPS II 645, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 463-8102. Men and women welcome.  
Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

## Tuesday, Feb. 14

Benevolent and Protective Order of Elks, Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m.  
Eagles Auxiliary 1126 will hold a meeting at 7:30 p.m. at the Eagles home, 2568 Madison Ave., in Granite City. A birthday party will be held for Ann Pates, president, and a social hour and refreshments will follow the meeting.

The Edgewood Program will host a talk and film on "Alcohol and Drug Addiction—What is it?" at 7:30 p.m. in the Wiesman Room at St. Elizabeth Medical Center. The speaker will be Warren, a counselor with SEMC Behavioral Health System. This talk is free and open to the public. For more information, call 798-3012.

Knights of Columbus, 3rd Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.  
2100 Youth Club will host a Valentine's Day dance from 7 to 9 p.m. at 2100 Cleveland Blvd. in Granite City. There will be free food and drinks.

Working Women's Getaway. Ladies from various businesses will be gathered from 11:30 a.m. to 1 p.m. in the banquet room at Jerry's Cafeteria in Granite City. The program topic will be "The Ten Commandments for Resolving Conflicts." For additional information, call Jill Maynard at 931-0342. The event is hosted by Calvary Women's Fellowship.

Alliance for the Mentally III, 7 p.m., Eden United Church of Christ, 903 N. Second St., Edwardsville; for information call 877-5006.

Better Breathers, support group of those with chronic lung condition, 1 p.m., PASCAL Hall, St. Elizabeth Medical Center, 798-3510.

Mastectomy Support Group, 7 to 9 p.m., PASCAL Hall, main floor, St. Elizabeth Medical Center, 798-3510.  
Mitchell Fire Protection District 2 monthly meeting, 7 p.m., Maryville and Old-Alton roads, 463-8699 (Take Off Pounds Sensibly) will meet at 8:45 p.m. at the Anchorage Recreation Center, 2902 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116

Edison, Granite City, 1 (800) 307-6600.  
Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 892-5073.  
Al-Anon, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City (babysitter available), 463-2429.

Alateen and PreAlateen Program for 12 to 17 age group, prealateen for six to 11 year age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

The Blood of the Lamb prayer and bible study. The public is invited to come for praise and worship, teaching from the Word and prayer for your needs from 10:30 a.m. to 12:30 p.m. at Full Gospel Fellowship Hall, 2301 Orville, Granite City. A nursery will be provided. If a ride is needed, call 451-4020 or 1 (314) 888-1865.

The Circle of Hope, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. at the King's House on North 66th Street in Belleville. For more information, call 234-0231.

Granite City Kiwanis meet at Shoney's at 7:30 a.m.

Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

School of Metaphysics, 7:30 to 10:30 p.m., 9459 Roslan Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0076.

## Students honored

Kerri Pauley of Granite City was named to the president's list and Matthew Costello and Robert Pihen, both of Granite City, and Vicki Jenkins and Michele Jones, both of Hartford, are four of the more than 1,000 Lewis and Clark students that have been named to the honors list for the fall semester at the college in Godfrey.

To be eligible for the president's list, students must have attained a cumulative grade-point average of 3.75 out of a possible 4.0 scale. The dean's list required a grade-point average of between 3.25 and 3.74.

# Evening Circle group meets

First Presbyterian Church's Evening Circle met recently in the home of Vee Throne. Chairman Betty Schmucke opened the meeting with prayer. The minutes were read by Gladys Pape and reports were given.

A thank you note was read from Church Women United thanking the circle for its gift to their layette project. Final plans were discussed for the birthday party to be held Feb. 27 for the residents at Colonial Care Center in Granite City.

The fellowship of the Least Coin monies were collected by Barbara Landis, followed by prayer. The lesson, "Christ, the Friend of the Poor," was presented by Gladys Fuhrman, using scripture from 2 Corinthians 8:9 and Philippians 2:4-11, as Paul speaks of the son of God becoming poor for our sakes. In the gospels, Jesus offers hope to the

poor and a warning to the wealthy.

The lesson causes everyone to reflect on the question: How can we respond faithfully to the power of Jesus' identification with the poor and to the challenge He presents to our way of living?

A discussion followed after which each member read an appropriate Bible verse. A prayer in unison concluded the lesson.

The meeting closed as the members formed a circle and repeated the Mizpah benediction.

A social hour followed as the hosts served refreshments to Betty Schmucke, Barbara Landis, Shirley Yates, Burdine Holtzner, Gladys Fuhrman and Gladys Pape.

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# Today's Food

Wednesday, February 8, 1995

## Food & Nutrition

### Wise Ways

Meringue stars give sweet impression without a burst of fat.

INSIDE

### Living Lean for Adults

Tomato sauce, excellent for everyday or special occasions throughout the year, is even a hearty red for Valentine's Day.

INSIDE

### Blue Ribbon Cook

Yogurt moistens, flavors, colors winning muffins.

INSIDE

### Private Label Test Run

Wrap it up with a plastic cover that holds. Does Best Choice clear plastic wrap from Price Chopper keep its place?

INSIDE

### Micro Raves

Being an angel by eating right most of the time should have its reward. Can it be cheesecake?

INSIDE

### Lively Taste

When marinating poultry or seafood, orange, pineapple, lemon or lime juice gives flavor variety. Cooked vegetables or salad also gains pizzazz when sprinkled with juice just before serving.

## Health & Fitness

### Medicine Chest

Home testing kits give cues for further medical treatment.

INSIDE

### Fresh Picks

To keep broccoli color bright, steam it over boiling water in a covered vegetable steamer. Turn off the heat when the broccoli is slightly underdone, because it continues cooking on its own. Let the steam escape or the color darkens. When boiling broccoli, add 1 teaspoon lemon juice or vinegar to each cup of cooking water to keep it green.

### Big Fat Tip

There is no legal definition for 'white chocolate,' so products vary a lot. When cocoa beans are ground to a liquid and pressed to remove their fat, the solid remaining is cocoa, while the fat squeezed out is called cocoa butter. In theory, white chocolate is made from cocoa butter, sugar, milk and flavorings. However, most candies known as white chocolate replace all or almost all the cocoa butter with vegetable fats. While nutritional content varies with ingredient proportions, white chocolate is usually equal to — and often exceeds — brown chocolate in fat and calorie count.

### Future Shop

It is hard to thwart tradition. Love poems Frenchman Charles duc d'Orleans wrote to his wife while he was imprisoned in the Tower of London on Feb. 14, 1415, originated the valentine message. Aristocrats took pride in adding costly flowers and chocolates. To conceal a sender's identity, a valentine was delivered by messenger, or the writer himself, wearing a mask, carried it by hand.



Celebrate Valentine's Day with Sweetie Pies, in front, or Cherry Biscotti and a glassful of cool Almond Dream (recipe in story) or warming Fireside Punch.

By Janice Denham  
Staff writer

Remember when you pasted red paper hearts all over a shoebox covered with foil? At last you cut a slit in the top so schoolmates could poke silly-saying valentines into it.

After the school party hoopla, it was fun to go home, eat heart candy with messages and read the cards again — with a friend to share the pun fun — and dream that the unsigned, most ridiculous one was dropped by a hoped-for admirer.

It was excellent training for Valentine's Day today. A card with a heartfelt verse, the warmth of having a close friend, and cherry-red desserts and drinks add up to the message that love, thoughtfulness and romance are alive.

Red denotes passion, while pink adds a sweet tone. Rose is the flower of love. According to legend, all roses were white until Aphrodite pierced herself on a rose thorn, coloring the flower. A yellow rose denotes friendship.

Azaleas denote romance, a white azalea first love. A red carnation predicts passion that comes with deep and pure love. Love birds usually opt for a romantic dinner-for-two at home or away. A dessert made in advance for sweet savoring later — by a crackling fire or candlelight — sounds as warm and friendly as that day of giggles or manly disaffection after the school valentine party.

A smooth drink adds to the relaxing note of these special cherry desserts. Caffeine-free herbal teas give them flavorful notes.

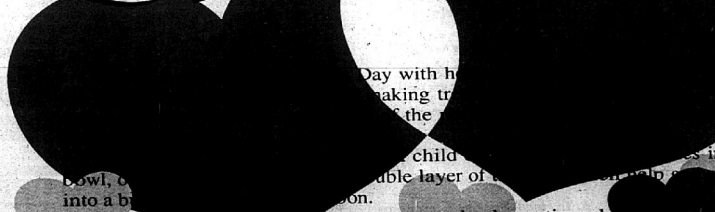
For a cool, rich, Almond Dream, pour 2-1/2 cups water over 6 almond-flavored herbal tea bags. Steep, covered, 5 minutes. Remove the tea bags. Stir in 1/2 cup sugar. Cool. In blender, process 1 cup whipping cream until thickened. Add the tea mixture and continue processing until blended.

Serve the mixture over ice in 6- to 8-ounce glasses. Sprinkle with ground nutmeg, if desired, when serving. This makes 6 servings.

SEE ROMANCE, INSIDE TODAY'S FOOD PAGE 2

## Kids' Cuisine

## Sweet hearts



Crayons, felt markers or stars make decorating plates easy. A child gets the idea of drawing hearts at a young age. For a less creative design, hold a cake or cookie mold still while a child draws around it.



# Today's Food

## Cup of Coffee

By JANICE DENHAM

## Heart Month contest invites tasty recipes

By Janice Denham  
Staff writer

Healthy eating can be healthy eating. The goal is not to be slim as a pencil or wispy as a feather. It means a person can eat filling, delicious food that makes a person feel good and resilient to some illness.

What makes some foods better than others? The fact that they feed the body, rather than overwhelm it with foods that do not nourish it at all or give it more of what it doesn't need, like fat.

February, American Heart Month, is a good time to find ways to cut the fat in favor of providing more nourishing foods.

Your recipes that show how you eat smart with fat, cholesterol and sodium at a lower-fat level can be sent to the Eating Right Recipe Contest by Feb. 17. One entry per household in any of all four categories will be considered by the *Journal* and dietitians at the American Heart Association, St. Louis Chapter.

They should be consistent with today's cooking style of streamlined preparation and

minimal ingredients. Extra consideration is given for how it was changed from the original high-fat recipe which can be submitted with the update.

The categories are:  
• **30-Minute Main Dish:** Hot or cold, this can be any type of main dish for dinner or lunch.  
• **Microwave:** Just as the quick-acting microwave oven has invaded every part of life, any type of microwave recipe is welcome.

• **Ethnic Dish:** A nationally oriented recipe that trades fatty meat for lean meat or vegetables, makes more of pasta than creamy sauce, bakes rather than fries ingredients, or skims the fat off cream are typical of what judges are anticipating.

• **Fruity Dessert:** Fruit in many forms is a sweet treat on special occasions. Send entries to: Eating Right Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Here are a few tips gathered from previous contests that can help you eat more healthfully:  
✓ Sour cream and cheese:

Use less or check out lower-fat products to replace it.

✓ **Appetizer trays:** Stick to fresh vegetables as dippers or check out new baked or meat chips. Vegetables are one of the foods that nourish a body while they fill 'er up.

✓ **Salads:** Keep them light. Use darker leafy greens for most nutrition and try a fat-free dressing. Dressings can be used as flavorful, creamy flavor enhancers in hot dishes, too.

✓ **Desserts:** Often the downfall of an otherwise healthy eating style, sometimes they can be revised. Skip the crust or make pie with graham cracker crumbs and just 1 to 2 tablespoons margarine. Dollop fruit servings with a bit of reduced-fat whipped topping rather than mixing in a tubful. Use skim milk or evaporated skim milk for higher-fat milk or cream. This holds for soups, too.

✓ **Chocolate:** Select recipes that use cocoa and minimal margarine or butter. Eat a smaller slice of a rich chocolate dessert.

✓ **Cooking fat:** Drain it away. Don't let wholesome foods cook in it.

## Blue Ribbon Cook

## Muffin jumps to the top with light, fluffy flavor

Rick Wiener, St. Louis, is the winner of this week's recipe contest for Gold Coast Muffins. For it he wins a prize of dinner certificates from Pasta House Co.

These muffins use a carton of yogurt for flavor and texture. The strawberry-banana mixture offers a touch of pink color, too, as the berries mix through the dough. The yogurt flavor can be varied by fruit preference.

Recipes in this month's Citrus Recipe Contest will be accepted through Feb. 28 for consideration as winner each week in March. Send in any type of recipe — beverage, appetizer, dessert, main dish or side dish — that uses some form of citrus for a major source of flavor.

One recipe per household can be sent to: Citrus Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

As usual, if there is a history to the recipe, it will be considered part of the entry. Along with taste

and eye appeal, it will be used as a basis for selecting winners. Originality will be considered, although the recipe need not be original. If possible, name the recipe's source. Include the name of the *Journal* you receive.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after the prize-winning publication date.

1/2 tsp. salt  
1/4 cup sugar  
1 carton (8 oz.) strawberry-banana yogurt  
1/4 cup orange juice  
2 tbsp. oil  
1 tsp. almond extract  
1 egg, slightly beaten

Preheat oven to 400°. Coat muffin tins with nonstick cooking spray.

In small bowl, combine apple, raisins, spice and 2 tablespoons flour.

In large bowl, combine remaining flour, baking powder, baking soda, salt and sugar. Make well in center of mixture.

In separate bowl, combine yogurt, orange juice, oil, almond extract and egg. Stir it and apple mixture into flour mixture until dry ingredients are just moistened.

Fill prepared muffin tins three-fourths full. Bake in preheated oven 18 to 20 minutes.

Remove from pan immediately. Yields 14 muffins.

### GOLD COAST MUFFINS

1 cup diced apple, such as granny smith  
1/2 cup golden raisins  
1 tsp. apple pie spice or 3/4 tsp. cinnamon and 1/4 tsp. allspice  
2 cups flour  
1 tsp. baking powder  
1/4 tsp. baking soda

## Recipe

### TURKEY ROAST WITH CORN STUFFING

2 to 3 lb. turkey breast roast  
1 pkg. (6 oz.) herb-flavored stuffing mix  
1/2 cup (1/2 stick) butter or margarine  
1 cup chopped celery  
1/2 cup chopped onion  
2 tsp. snipped fresh parsley  
1 pkg. (10 oz.) frozen whole kernel corn  
2 cups water

1/4 cup flour  
8 oz. fresh mushrooms, cut in half

Preheat oven to 325°.

In shallow roasting pan, bake turkey in preheated oven according to directions on package about 35 minutes per pound until thermometer poe up or meat thermometer reaches 165° to 170°.

Reserve drippings in pan. Remove turkey and cut in bite-size pieces.

Prepare stuffing mix as package directs.

In skillet over medium-high heat, melt butter. Cook celery and onion until tender-crisp. Stir celery mixture,

parsley and corn into stuffing. Spoon into 13-by-9-inch baking pan.

Stir 1 1/2 cups water into pan drippings. Heat to boil over medium heat, stirring frequently.

In tightly covered container, shake remaining 1/2 cup water and flour until flour is dissolved. Pour into pan drippings. Cook, stirring constantly, until mixture thickens and boils. Stir in turkey and mushrooms. Salt and pepper to taste. Spoon over stuffing.

Bake, covered, about 45 minutes until hot.

Makes 8 servings.

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# Today's Food

## Good Health

### Spice up bowl of veggies with Indian-style flavors

If the trek to eating more vegetables sounds bland, take a look at Indian cuisine for new ideas on serving nutritious, fiber-rich veggies.

No more steamed broccoli and green beans are found here. Indian cooking is a great source of varied and flavorful vegetable dishes.

Due to the high cost of meat, cheese and milk, much of the Indian population relies on vegetables and grains for sustenance. Lentils are substituted for meat, while a wide variety of vegetables provides fiber and calcium. Spices, pickles and chutneys perform flavor magic by contrasting plainer foods.

Indian vegetable dishes are highly seasoned with fresh spices, chiles and aromatic herbs like basil and cilantro, usually combined into spice blends known as masala.

Curry, perhaps the most readily identified element of Indian cuisine, varies greatly with five to 32 different spices. Most Indian sauces include four basic ground spices: turmeric, cumin, coriander and chili powder.

Other spices include a mix of cardamom, anise seeds with their licorice flavor, ginger, cloves, fennel and bay leaves. Experiment to find a combination compatible with those eating.

Curried Vegetable Soup can be as mild or spicy as desired, depending on the amount of pepper added. It has a day's worth of vitamin A in just one bowl. It goes well as an appetizer with just about any main dish.

To receive a free brochure with more international recipes, send a self-addressed envelope stamped with 55 cents postage to: American Institute for Cancer Research, Department AW, Washington, D.C. 20069.

#### CURRIED VEGETABLE SOUP

- 1 cup chopped celery
- 1 cup chopped parsnips
- 1/4 cup chopped onion
- 1/2 cup chopped carrot
- 4 cups water

- 4 tsp. low-sodium chicken or beef bouillon granules
- 2 to 4 cloves garlic, finely chopped
- 1/2 tsp. dry coriander or parsley
- 1/2 tsp. cayenne pepper to taste
- 2 1/2 tsp. curry powder
- 2 tsp. flour
- 3/4 cup creamy peanut butter
- 1/2 cup coarsely chopped or torn fresh spinach

Place celery, parsnips, onion, carrot, water, bouillon,

garlic, coriander and pepper in large saucepan. Bring to boil over medium-high heat. Reduce heat. Simmer, covered, 45 minutes or until vegetables are soft. Remove from heat.

When vegetables and broth are cooled slightly, puree soup in blender or food processor. Return soup to pan. Bring to gentle simmer. Stir in curry powder.

In cup or small bowl, stir 1 1/2 tablespoons water into flour. When smooth paste

forms, combine with a couple spoonfuls of soup. When very smooth, pour it back into pan of soup, stirring well to prevent lumping. Simmer about 2 minutes until soup is thickened.

To serve, stir in peanut butter. Heat through. Stir in

chopped spinach. Serve immediately.

Makes 4 servings, 5 g fat and 130 calories each.

Registered dietitian Melanie Folk is director of nutrition education for the American Institute for Cancer Research in Washington.

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**FEELING FIT**  
By Mark Lymboropoulos

Biking uses a lot of energy, almost as much as jogging or cross-country skiing, and offers first-rate cardiovascular training. Cycling at 12 miles an hour burns 480 calories an hour.

Two or more cups of coffee a day can lower bone density—but not if you also drink a glass of milk a day, the Journal of the American Medical Association reports. Try also coffee latte, cafe au lait or cappuccino to combine the two in one tasty drink.

Water workouts strengthen heart and muscles without hurting the joints. Try the water run, in place or around the pool. Run the same way you do on land and feel how resistance works your muscles.

If you're getting eye guards for racquet sports or other protection, get the best: insist on polycarbonate lenses. Tighten thighs with side lunges. With feet spread wide apart, hands on hips, bend one knee and squat over it, leaving the other leg extended. Hold, then repeat on the other side. Keep knees aligned over the toes.

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## Horosc

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## Horoscope

**Wednesday, Feb. 8**  
The struggle between conservative ways and high-flying entrepreneurial plans takes place within your business and probably also within your psyche, as the pace of change is dizzying and the elements of radical change — in information systems and in new market opportunities — are too potent to ignore. Apply common-sense principles to new ideas, and hope for the best!

**ARIES (March 21-April 19).** Express your needs to those who can help — you have a bigger advantage than you think. Tonight, cuddle up with your best security blanket, whether it's your favorite book, your sweetheart or the phone!

**Taurus (April 20-May 20).** Love is a sweet surrender, but be careful whom you give in to. Place a high value on your time today — you're a top-level worker. Don't dismiss a way-out idea too fast — you may have something big.

**GEMINI (May 21-June 21).** Experience and the ability to stick to a job until it's done create the winning formula now — let a smart plan for the future cool for a week or so before jumping in with both feet. Correct your work carefully.

**CANCER (June 22-July 22).** Cherish the chance to learn something new because it will come in handy soon — helping kids with homework inspires your own thinking process. Use creative instincts with problem-solving efforts.

**LEO (July 23-Aug. 22).** It's out with the old — and let an old friend go, too, if you can't agree. But if the parting is peaceful, you'll have a chance to get back together in another day. Love may hold the answer you've sought.

**TODAY'S BIRTHDAY (Feb. 8).** Family concerns take priority through the end of March, and you're the decision maker for those who once set examples for you. A position of authority arrives suddenly in April. Creative success can be an aphrodisiac in May and June, and you attract followers, but don't let it go to your head. After September, you'll learn how to hold the power you've gained.

**VIRGO (Aug. 23-Sept. 22).** A new romance prospect could take hold of your imagination, and you're the decision maker for those who'll pursue this farther. Try to enjoy the fun of teamwork, avoiding the irritations if possible.

**LIBRA (Sept. 23-Oct. 22).** An error in a bill can easily be corrected if you check the numbers. True enjoyment of your favorite pastimes is discovered when you share them with someone special. A friendly competitor admires you greatly.

**SCORPIO (Oct. 23-Nov. 21).** Follow through on projects — much can be completed now. Concentration is so good that you'll have to have a reminder to get to appointments on time. The evening holds temptations for weight watchers.

**SAGITTARIUS (Nov. 22-Dec. 21).** Someone nearby is in tune with your far-reaching vision of the future. Mutual interest is the best basis for new relationships. Promote yourself shamelessly to those who can be of help.

**CAPRICORN (Dec. 22-Jan. 19).** Don't be alarmed by the amount of work ahead today — it's not alone, and you feel a great sense of satisfaction by the day's end. Job-hunting and health checkups are favored — an accurate diagnosis is available.

**AQUARIUS (Jan. 20-Feb. 18).** A stepped-up pace makes the work day a winner — and your charm is on the increase, so the camaraderie you thrive on is abundant. Remain flexible about evening plans, as you may get a great last-minute chance.

**PISCES (Feb. 19-March 20).** Don't alienate anyone you have to live with or depend upon to get your job done — a quiet acknowledgment will keep you on the even keel on a good side. An exciting breakthrough in plans is at the day's end.

## SIUE dance students to perform 'Opus '95'

The talent and growth of Southern Illinois University at Edwardsville dance students will be showcased in the upcoming "Opus '95" dance concert at SIUE.

The concert, which is an annual event, will be presented at 7:30 p.m. Thursday to Saturday, Feb. 9 to 11, and at 2 p.m. Sunday, Feb. 12, in the James F. Metcalf Theater on the campus.

Kerry Shaul, an SIUE associate professor of theater and dance, and Paula Beals, also a member of the dance faculty, said this year's student choreographers have shown growth in their work and performances.

"There are 15 pieces featured in this concert, presenting a nice range of emotions, music and images," Shaul said. "There's one piece by Cathy Money titled 'Fast Food,' which is very clever," Beals said. "It's a wonderful piece that was inspired by Cathy's last day on the job at a local fast food restaurant. In her piece, a voice orders dance steps, such as pinettes, pique turns, grand jets and chaine turns,

and dancers, come out and execute, or 'fill,' the orders," she said.

"It's very light, but there are some good special concepts that provide depth."

In general, all of the pieces are showing a maturity that Shaul said is indicating depth in the students' learning levels.

"A lot of the students are taking the role of choreographer seriously," Shaul said. "And that's an important step for a dancer; they have to step back and be objective. It's a good indication of growth."

Beals said nearly every piece, ranging from humorous works and traditional ballroom swing to jazz and contemporary ballet, that was auditioned was accepted.

"These were all high-quality pieces; a diverse group," Beals said. "Very few were not chosen. Another piece that will be featured is choreographed by Heather A. Nesbit, which isn't titled yet but is based on the works and characters of Dr. Seuss."

"And, there are no alums dancing this year," Beals said. "These are all current students, except for two men, one an Edwardsville High School student and the other a student at Millikin University in Decatur."

Other pieces include "Precious Anger (working title)" by Jennifer L. Gierhart, who said the piece is about her own expressions of anger.

"I tend to be a happy person and on the rare occasion I do get angry, I usually hold it in," Gierhart said. "This piece gives me a chance to express some of that anger."

LaShawn S. Hill says her duet piece, not yet titled, is a ballroom piece based on her influences of music from the 1920s and '30s — music that was very dear to her father.

"My father was born in the 1920s and I grew up listening to all that music," Hill said. "This piece features a man and a woman and it's all about love."

Tickets for "Opus '95" are \$2. For reservations call the SIUE School of Fine Arts box office at 692-2774.

## Screen Actors Guild announces nominees for 1st awards show

The Screen Actors Guild announced nominees for its first ever award show Thursday, and the actors' union named the cast of "Forrest Gump" in several top categories.

Tom Hanks was selected by SAG members in the leading film actor role, as was Morgan Freeman ("The Shawshank Redemption"), Paul Newman ("Nobility's Fool"), Tim Robbins ("The Shawshank Redemption") and John Travolta ("Pulp Fiction").

Named for best lead film actress were Jodie Foster ("Nell"), Jessica Lange ("Blue Sky"), Meg Ryan ("When a Man Loves a Woman"), Susan Sarandon ("The Client") and Meryl Streep ("The River Wild").

"Forrest Gump" was also nominated in the supporting actor category for Gary Sinise and the supporting actress category for Robin Wright.

Barry Gordon, president of the actors' union, said 72,000 SAG members will vote on the winners. "It's not just another award, because it's the only award presented only to actors," Gordon said. There is also an award given to the entire ensemble in a television show.

The SAG trophies of a performer holding the comedy and tragedy masks will be handed out Feb. 25. NBC will televise the ceremony.

A complete list of 1st Screen Actors Guild awards announced Thursday:

**ACTOR:** Morgan Freeman, "The Shawshank Redemption"; Tom Hanks, "Forrest Gump"; Paul Newman, "Nobility's Fool"; Tim Robbins, "The Shawshank Redemption"; John Travolta, "Pulp Fiction."

**ACTRESS:** Jodie Foster, "Nell"; Jessica Lange, "Blue Sky"; Meg Ryan, "When a Man Loves a Woman"; Susan Sarandon, "The Client"; Meryl Streep, "The River Wild."

**SUPPORTING ACTOR:** Samuel L. Jackson, "Pulp Fiction"; Martin Landau, "Ed Wood"; Chazz Palminteri, "Bullets Over Broadway"; Gary Sinise, "Forrest Gump"; John Turturro, "Quiz Show."

**SUPPORTING ACTRESS:** Jamie Lee Curtis, "True Lies"; Sally Field, "Forrest Gump"; Uma Thurman, "Pulp Fiction"; Diane Wiest, "Bullets Over Broadway"; Robin Wright, "Forrest Gump."

**ACTOR IN A TV MOVIE OR MINISERIES:** James Garner, "The Rockford File"; Raul Julia, "The Burning Season"; John Malkovich, "Heart of Darkness"; Gary Sinise, "The Stand"; Forest Whitaker, "The Enemy Within."

**ACTRESS IN A TV MOVIE OR MINISERIES:** Katharine Hepburn, "One Christmas"; Diane Keaton, "Amelia Earhart"; The Final "Flight"; Sissy Spacek, "A Place for Annie"; Cicely Tyson, "The Oldest Living Confederate Widow Tells All"; Joanne Woodward, "Breathing Lessons."

**ACTOR IN A DRAMA SERIES:** Hector Elizondo, "Chicago Hope"; Dennis Franz, "NYPD Blue"; Mandy Patinkin, "Chicago Hope"; Tom Skerritt, "Picket Fences"; Patrick Stewart, "Star Trek: The Next Generation."

**ACTRESS IN A DRAMA SERIES:** Kathy Baker, "Picket Fences"; Swosie Kurtz, "Sisters"; Angela Lansbury, "Murder She Wrote"; Jane Seymour, "Dr. Quinn Medicine Woman"; Cicely Tyson, "Sweet Justice."

**ACTOR IN A COMEDY SERIES:** Jason Alexander, "Seinfeld"; John Goodman, "Roseanne"; Kelsey Grammer, "Frasier"; David Hyde Pierce, "Frasier"; "Mad About You."

**ACTRESS IN A COMEDY SERIES:** Candice Bergen, "Murphy Brown"; Ellen DeGeneres, "Ellen"; Helen Hunt, "Mad About You"; Julia Louis-Dreyfus, "Seinfeld"; Roseanne Barr, "Roseanne."

— Associated Press

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## FAMILY

# BAC campus to present 'As You Like It'

When the Shakespeare Society of Belleville Area College's Granite City Campus performs "As You Like It", the play will be as close to the original Elizabethan production as possible.

"We are trying to get back to Shakespeare's own theatrical structure," said director Mike Oliver, a BAC faculty member. "We want to get as close as we can to the way it was really done."

There will be no stage nor curtain when the play is performed at the Granite City Campus. Instead, the show will be performed on platforms down on the audience's level. Also, because the Shakespeare Society wanted to stick with the original version of the

play, the cast is using the script based on the 1623 tableau with all of the original lines and scenes intact.

Critics have called "As You Like It" the best and most sophisticated Shakespearean comedy. The story is based on the misadventures of two cousins, Celia and Rosalind, who try to bridge the gap between their feuding fathers.

Tickets are \$4 at the door.

A performance will be held at 7 p.m. Feb. 11 in the cafeteria of the Granite City Campus, 4650 Maryville Road.

Performances will be held at 7 p.m. Feb. 17 and 18 and at 5 p.m. Feb. 19 at St. John's Church Hall at Grand and Arsenal in St. Louis.

For more information about "As You Like It", call director Mike Oliver at the Granite City Campus, 831-0600, extension 688, toll-free in Illinois at 1 (800) BAC-5131, extension 441, or at home, (314) 773-2868.



**Students of Month** — Eighth-grade Students of the Month for November at Grigsby Junior High School are Rick Woodard and Andrea Stovall.

The students were nominated and elected by the Grigsby faculty. They have been able to achieve this honor because of their combined high ranking in the following areas: academic achievement, citizenship, politeness, maturity and overall work ethic.

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Tuesday, February 14, 10 a.m. - 1 p.m. Also, a **CHOLESTEROL SCREENING, Wednesday, February 15, 10 a.m. - 1 p.m.** Cost \$8. Free blood pressure check. No appointment needed.

**HEART HEALTHY SCREENING, Peace Lutheran Church, Belleville, Friday, February 17, 10 a.m. - noon.** Includes Cholesterol, Diabetes and Blood Pressure Check. Fee: \$8. By appointment only. Sponsored by St. Elizabeth's Hospital, Belleville Area College's PSOP and St. Clair County Health Department. Register by February 15 - call 234-6463.

**BE HEART-SMART! Monday, February 27, 7 p.m.** Free public education program in conjunction with National Heart Month - February. Speaker, Dr. Roon Lal of Cardiology Consultants, Ltd. will discuss the symptoms, diagnosis and treatment of heart disease, and answer participant questions. To register for this free program at the hospital, call 234-2120, extension 1575.

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## Eagles

The Eagles Auxiliary meeting was open to her officers, junior officers, Modrusic, pro-tem chaplain Millie W. Johnson, inside g Sae Allen, treas secretary Vincin trustee Florence trustees Mildred

The conductor officers into the of Mount Carme regional presiden Springfield Auxil chairman; Kath state auxiliary n

Helen Meyer c madam chaplain Auxiliary 545, n Cuoco of Alton a treasurer, Distr project (Heart 1 Peoria Auxiliary, and central zone

Marilyn Oyen reenrollmen ch Auxiliary 254, n southern zone; 2125, state men of Flora Auxil Mary Stogor o state presiden Each was presi

Next, the con North Lake, Ill room, and the Garwood and Aeris secretary the altar and p

Other officer of Alton Auxil Alton Auxiliary Shirley Fields president; and Granite City A grandmother.

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## FAMILY

## Eagles Aux. hosts state officers' weekend

The Eagles Auxiliary 1126 hosted the state officers' weekend on Jan. 20, 21 and 22. The meeting was opened by Ann Pates, president, and her officers, junior past president Barbara Modrusic, pro-tem vice president Martha Simpson, chaplain Millie Weatherford, conductor Vera Johnson, inside guard Del Delaney, outside guard Sue Allen, treasurer Catherine "Katie" Kostoff, secretary Vincine Zerlan, trustee Evaleen Ederly, trustee Florence "Fuzz" Hagnauer and pro-tem trustee Mildred Boyd.

The conductor escorted the following state officers into the meeting room: Glenna Garwood of Mount Carmel Auxiliary 3066, central zone regional president; Theresa McWhinney of Springfield Auxiliary 437, state child abuse chairman; Kathy Dullea of Shiloh Auxiliary 545, state auxiliary mother for the year;

Helen Meyer of Alton Auxiliary 254, state madam chaplain; Elaine Jasola of Shiloh Auxiliary 545, state Alzheimer's chairman; Rita Cuoco of Alton Auxiliary 254, state madam treasurer, District Seven secretary and state project (Heart Fund) chairman; Wanda Trent of Peoria Auxiliary 265, "No Goose Egg" chairman and central zone trustee;

Marilyn Oyen of Alton Auxiliary 254, state reenrollment chairman; Jean Seper of Alton Auxiliary 254, membership co-chairman of the southern zone; Karen Piest of Berwyn Auxiliary 2125, state membership chairman; Pauline Bowen of Flora Auxiliary 249, state outside guard; and Mary Stogner of Collinsville Auxiliary 1051, past state president and past state ritual chairman.

Each was presented a gift from the auxiliary. Next, the conductor escorted Dianna Garrison, North Lake, Ill., state madam president, into the room, and the conductor escorted Garrison, Garwood and Eileen Vollmer, wife of the state Aerie secretary and grand Aerie vice president, to the altar and presented each with a corsage.

Other officers recognized were Martha Howlett of Alton Auxiliary 254, president; Joan Accord of Alton Auxiliary 254, junior past madam president; Shirley Fields of Alton Auxiliary 254, past madam president; and Florence "Fuzz" Hagnauer, madam of Granite City Auxiliary 1126, grand Aerie grandmother.

The gavel was then turned over to the new Eagles 1126 ritual team, president Vera Johnson,

vice president Kathleen Benda, junior past president Joanna Spencer, chaplain Millie Weatherford and conductor Angie Buehler, who performed the initiation ceremony for new member, Elizabeth Pyles, and Lisa Modrusic, her sponsor.

A silent prayer was held for the family of Walter Wilmer, state Aerie Eagle education trustee; Bob Stanton, Aerie 1126 conductor; Charles "Rabbit" Landfried, past worthy president; and Beulah "Boots" Stanton, who remains in the nursing home.

Reports were given by the chairmen of the membership committee, "No Goose Egg" project, reenrollment committee, the Heart Fund project, the ritual competition committee, child abuse fund, Alzheimer's Fund and Cancer Fund.

Garrison's motto, "We Care", and her slogan, "Down the Yellow Brick Road", meaning that each new member will represent another brick in the road to building the membership. This year's state project is for heart research and a \$500 check will be presented at the banquet. This year check will be presented at the banquet. This year check will be presented at the banquet.

Jackie Adams; Dindy, Evelyn and Ann Pates; Joanna Spencer and Evaleen Ederly all decorated the hall and dining room in green and white with flowers, shamrocks and leprechauns. The elephant represents the Aerie theme this year.

Rita Cuoco reported the prizes that will be awarded to each member that signs five, 10, 15 and 25 members.

A green and white quilt will be raffled at the convention in June. Green and white eagle T-shirts are available, along with leprechaun pins and sweat shirts with leprechauns. If interested, contact Barbara Modrusic or Joanna Spencer.

Other members attending were Kelly Reed, Dorothy Landfried, Rose Piechocinski, Carol Miller, Gladys Freeman, Flo Stokes, Helen Mueller, Shirley Prater, Sandra Haine, Mary Mize, Vicki Elmore and Judy Laws.

The afternoon was spent playing with an old fashioned cake walk, games and contests. The "tush" contest was won by Red McCauley; second place went to Larry Garwood. The leprechaun music box and white musical bear was to be given away at the banquet.



**Students of Month** — Seventh-grade Students of the Month for November at Grigsby Junior High School are Jason Newman and Marissa Cox. The students were nominated and elected by the Grigsby faculty. They have been able to achieve this honor because of their combined high ranking in the following areas: academic achievement, citizenship, politeness, maturity and overall work ethic.

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## FAMILY



**Kids time** — Colonial Care Center recently hosted a party for the children of all staff members. The party featured a visit by Santa as well as tacos and "smile" cookies. Above, children of the staff tell Santa what they really want for Christmas. Below, children enjoy the gifts received from Santa.



## Genealogical Society to meet

The Madison County Genealogical Society will hold its monthly meeting at 7 p.m. Thursday, Feb. 9, in the wheelchair accessible fellowship meeting room of the Immanuel United Methodist Church at 800 N. Main St. in Edwardsville.

Following the business meeting, Don Lowery of Alton will talk about Stephen Douglas, "The Little Giant." Lowery portrayed Douglas in the Lincoln-Douglas Debate in October 1994 in Alton.

Guests are welcome and membership is open to all interested persons.

For information about the

society call Elsie Wasser 656-2289, Marie Eberle at 656-1789 or write to Madison County Genealogical Society at P.O. Box 631, Edwardsville, Ill. 62025.

## Square dance set

The Hoedown Square Dance Club will be holding their next dance at the Round House, 653 N. Wood River Ave., Wood River, from 7:30 to 10:30 p.m. Saturday, Feb. 11.

The caller will be Orville Clayton. Ollie Loehr will cue the rounds.

For information on dances and classes call 344-8675 or 288-9664.

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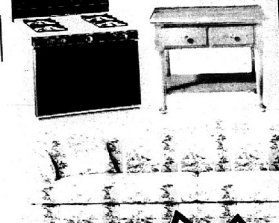
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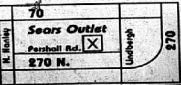
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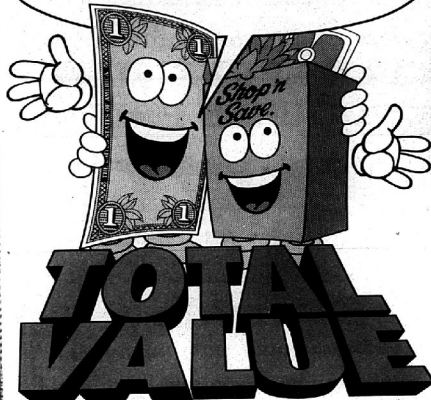
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HOURS: MON-FRI. 10-7 SAT. 10-6 SUN. 11-4  
(314) 731-6521

# Get More For Less!

## With 1,000's of Great Values

Top Quality  
and Lower Prices!



24-CAN CASE  
**Coke, Diet Coke  
or Sprite**

# 388

12-OUNCE CANS  
LIMIT 3 CASES WITH  
ADDITIONAL \$20.00 PURCHASE  
OVER LIMIT \$5.99

**•BONUS•  
RED TAG VALUE!**

**Shedd's  
Country Crock**

# 149

3-POUND  
BOWL

**Alka-Seltzer Plus**  
Our Low Price \$1.99

# 99¢

20-CT.  
COUPON INSIDE  
LIMIT 2 PKGS. WHILE QUANTITIES LAST

PRE-PRICED \$2.99. ASSORTED VARIETIES

**Lay's  
Potato Chips**

# 3/\$5

14-OUNCE  
BAG

ASSORTED VARIETIES  
**Nabisco  
Premium Crackers**

# 98¢

16-OZ.  
BOX



REGULAR OR SUGAR FREE

**Jell-O  
Gelatin**

# 3/\$1

.3 TO 3-OZ.  
PACKAGE

PRE-PRICED \$8.99  
SMALL OR LARGE BITES  
**Pedigree  
Mealtime** .....

# 799

22-LB.  
BAG

NEW FREEDOM OR  
**Kotex  
Maxi Pads** .....

# 2/\$5

18 TO  
24-CT.

PRE-PRICED 59¢  
**Hi Dri  
Paper Towels** .....

# 2/95¢

1 ROLL

**Pick up a FREE "Shout NO"  
Child Activity Book.**  
Details at the Kleenex  
Bath Tissue Display  
at Shop'n Save

LIMITED QUANTITIES - WHILE SUPPLY LASTS



2-LITER BOTTLE  
**Coke, Diet Coke  
or Sprite**

# 79¢

LIMIT 6  
OVER  
LIMIT 99¢

REG. OR SUGAR FREE  
**Jell-O  
Instant Pudding**

# 5/199

.8 TO 3.9  
OZ. PKG.

SELECTED VARIETIES  
**Libby's Lite  
Canned Fruit** .....

# 79¢

16  
OZ.

**Lewis  
Cinnamon Rolls** .....

# 99¢

15  
OZ.

**Shop'n Save  
Kosher Spears** .....

# 119

24-OUNCE  
JAR

**ELBO MACARONI OR  
Bi-Rite  
Spaghetti** .....

# 89¢

32-OZ.  
PKG.

# Shop'n Save

♪ The more you shop ♪  
the more you save. SM

# You Save Every

## Liquor Dept. Red Tag Values

Liquor Prices Good At Illinois Stores Only

GENUINE DRAFT,  
GENUINE DRAFT LIGHT,  
Miller Lite  
or Lite Ice .....

**599**  
12-PACK  
12-OZ. N/R

Martini & Rossi  
Asti .....

**899**  
750-ML

REGULAR OR LIGHT  
Busch  
Beer.....

**569**  
12-PACK  
12-OZ. CANS

OUR LOW PRICE \$6.99

Jim  
Beam .....

**499**  
750-ML

AFTER \$2.00 MAIL-IN REBATE

REGULAR, LIGHT,  
DRY OR ICE  
Keystone  
Beer.....

**799**  
24-PACK  
12-OZ. CANS

Please Drink Responsibly-Don't Drink & Drive.

CARTON PRICES INCLUDE EXCISE TAXES  
SALES TAX ADDITIONAL

Salem  
Cigarettes .....

**1299**  
CARTON

ASSORTED VARIETIES  
Hiram Walker  
Schnapps.....

**589**  
750-ML

Ballatore.....

**439**  
750 ML

ASSORTED  
Gallo  
Reserve Tier .....

**3/999**  
750-ML

Windsor  
Canadian .....

**999**  
1.75-LITER

Seagram's  
Gin .....

**1089**  
1.75-LITER

Doral  
Cigarettes .....

**1099**  
CARTON

## Red Tag Values

are temporary manufacturer price reductions  
that we pass on to you. With red tags you  
save even more off our everyday low prices!

## General Merchandise

G.E. Soft White  
Light Bulbs  
Our Low Price \$1.54

**99¢**  
4-PACK  
WITH COUPON

OUR LOW PRICE \$1.39  
G.E. Soft White  
3-Way Bulb .....

**99¢**  
EACH  
WITH  
COUPON

Retailer's Coupon Expires February 12, 1995

**Save 40¢**  
at SHOP N SAVE on a  
GE Soft White 3-Way Bulb

Consumer: Coupon valid only on purchase of a GE Soft White 3-Way Bulb. Coupon may not be reproduced or combined with another offer. Offer limited to U.S.A. or Puerto Rico. Limit one coupon per purchase. Void where prohibited. Retailer: GE will reimburse you for the face value plus 5¢ provided you have attached this coupon in accordance with the GE Coupon Redemption Policy. For copy and/or coupon redemption, mail claims to GE, P.O. Box 96250, St. Paul, TN 37096-0550. Expires February 12, 1995.

206481 314219

GE is Light P45-02-040

Retailer's Coupon Expires February 12, 1995

**Save 55¢**  
at SHOP N SAVE  
on a GE Soft White 4-Pack

Consumer: Coupon valid only on purchase of a GE Soft White 4-Pack. Coupon may not be reproduced or combined with another offer. Offer limited to U.S.A. or Puerto Rico. Limit one coupon per purchase. Void where prohibited. Retailer: GE will reimburse you for the face value plus 5¢ provided you have attached this coupon in accordance with the GE Coupon Redemption Policy. For copy and/or coupon redemption, mail claims to GE, P.O. Box 96250, St. Paul, TN 37096-0550. Expires February 12, 1995.

206490 314201

GE is Light P45-02-055

LIMIT 2 WHILE  
SUPPLIES LAST

Colgate  
Toothpaste

**99¢**  
LARGE  
4.6-OZ  
TUBE

Mr. Coffee  
Coffee  
Filters

**2/150**  
200-CT. PKG.

Save \$1.00 on Alka-Seltzer Plus Cold

IN AD-COUPON EXPIRES 02/12/94

Valid only at Shop 'n Save.

20-CT. ONLY

P45-02-100 30219

16500 30076

## Health & Beauty Red Tag Values

SAVE 88¢  
Schick  
Tracer  
Blades

**349**  
5-COUNT  
PACKAGE

SAVE 78¢  
Dial  
Deodorant  
ROLL-ON, SOLID  
OR AEROSOL

**69¢**  
1.5  
TO  
4-OZ.

SAVE 28¢  
Suave Lotion  
Assorted Varieties

**129**  
10-OZ. BTL.

SAVE 50¢  
Perma Soft Shampoo  
or Conditioner

**297**  
8 TO 13-OZ.

SAVE 80¢  
Excedrin  
P.M.

**329**  
24-CT. PKG.

SAVE 98¢  
Imodium  
A/D Caplets

**299**  
6-CT. PKG.

SAVE UP TO \$1.10  
Flintstone Vitamins  
w/Iron, Calcium or Extra C

**547**  
60-CT. PKG.

SAVE 30¢  
Nyquil Cold Formula  
Reg. or Cherry Flavor

**369**  
6-OZ. BTL.

Photo  
Processing

Your Choice of Single Prints  
**PLUS FREE FILM**  
or **DOUBLE PRINTS**

**379**  
24-EXP. ROLL  
3 1/2-INCH PRINTS  
**Everyday!**

ORIGINAL COLOR PRINT-FILM-ONLY

**Incredible  
Picture Offer!**

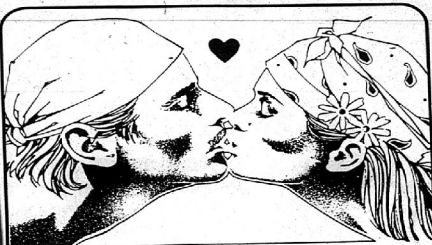
12 - 3 1/2 x 5 Inch Standard Prints  
2 - 5x7 Inch Prints  
1 - 8x10 Inch Print

ALL  
FOR  
JUST

**599**

SEE STORE FOR DETAILS. FROM THE SAME  
SINGLE COLOR 35 MM NEGATIVE ONLY

# Day at Shop 'n Save



All Gibson  
Valentine's Day Cards

**20%  
OFF**

Manufacturer's Marked  
Pre-Price

Shop 'n Save Discounts  
Greeting Cards 20%  
Every Day!

## Dairy Dept. Red Tag Values

REGULAR OR LIGHT  
I Can't Believe  
It's Not Butter



**99¢**

2/8-OZ. TUBS,  
8-OZ. SPRAY  
OR 16-OZ.  
TUB

ORANGE JUICE, GRAPEFRUIT  
OR APPLE JUICE  
Florida's  
Natural  
Premium Juice



**189**

64-OUNCE  
CARTON

ASSORTED  
Pevely  
Sour Cream .....

**2/97¢**

8  
OUNCE

REGULAR OR  
SUGAR FREE  
Swiss Miss  
Pudding .....

**99¢**

4  
PACK



ASSORTED  
Pevely  
Cottage Cheese .....

**169**

24-OUNCE  
CARTON

Sargento  
Shredded Cheese ...

**199**

8-OUNCE  
PACKAGE

Enjoy Total Value  
On Our Complete  
Selection of  
Fresh Dairy  
Products

## Video Center

AT STORES WITH VIDEO DEPARTMENTS ONLY

All New Releases

EVERY  
DAY  
LOW  
RENTAL  
PRICE **99¢** EACH

All Other Titles

EVERY  
DAY  
LOW  
RENTAL  
PRICE **49¢** EACH

All Nintendo Games

EVERY  
DAY  
LOW  
RENTAL  
PRICE **99¢** EACH



## Frozen Food Red Tag Values

DOUBLE TOP  
OR SPECIAL ORDER  
Tombstone  
12-Inch Pizza



**2/698**

25.75 TO  
30.5-OZ.

ASSORTED  
Patio  
Burritos .....

**3/99¢**

5-OZ.  
PKG.

Shop 'n Save  
Whip Topping .....

**69¢**

8  
OZ.

GREEN GIANT  
Nibblers  
Corn on the Cob ...

**3/399**

6-PACK

Vita Bite Shoe  
String Potatoes...

**3/\$1**

20-OZ.  
PKG.

Enter Meadow Gold's  
"As Good As Gold" Giveaway.  
Details In-Store  
ASSORTED VARIETIES  
Meadow Gold  
Ice Cream



**3/\$5**

HALF  
GALLON

CORN, PEAS, MIXED  
OR CUT GREEN BEANS  
Fresh Like  
Vegetables .....

**95¢**

16-  
OZ.

4-VARIETIES  
Totino's  
Select Pizza .....

**199**

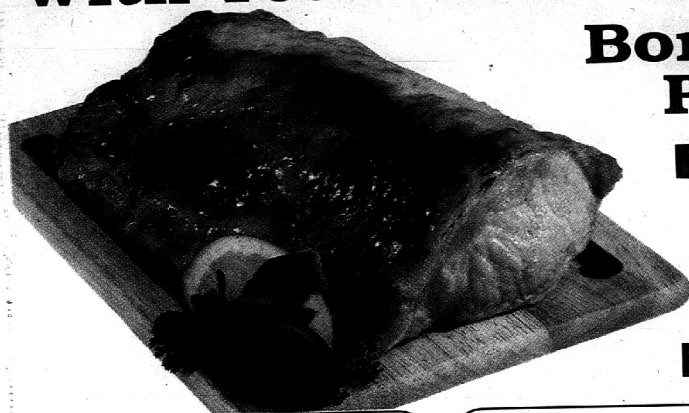
14.4 TO  
15.5-OZ.



02083A

# Your Dollar Buys More

## With Total Value From Shop 'n Save



### Boneless Center Cut Pork Loin Roast

# 1.97

lb. LIMIT 3 PKGS.

**CENTER CUT  
Butterfly Boneless  
Pork Chops**

## 2.99

lb.

**FAMILY PAK, BONE-IN  
Farmfresh  
Chicken Breast**

## 89¢

lb.

LIMIT 3 PKGS. WITH \$10.00 ADDITIONAL PURCHASE

**4 TO 5-POUND AVERAGE  
Jennie-O  
Boneless Turkey**

## 1.59

lb.

**Perdue Fresh  
Ground Turkey**

## 1.69

lb.

**ALL VARIETIES  
Micheline  
Entrees**

## 2/\$5

30-OZ. PKG.

**NUGGETS OR PATTIES  
Banquet  
Chicken**

## 2/\$5

13.5-OZ. PKG.

**PEPPERONI OR  
Mama Rosa  
Deluxe Pizza**

## 3/\$5

20-OZ. PKG.

**COUNTRY STYLE  
Tennessee Pride  
Pork Sausage**

## 1.59

1-POUND ROLL

**Hickory Ridge  
Sliced Bacon**

## 1.19

1-POUND PACKAGE

**ASSORTED VARIETIES  
Oscar Mayer  
Lunchables**

## 99¢

4.5 OZ.

**Hygrade Bologna  
or Hot Dogs**

## 89¢

1-LB. PKG.

**5 A Day  
Fruits and Vegetables**  
For Better Health!



### Deli/Bakery/Seafood Shop

**WAFER SLICED  
Deli Fresh  
Boiled Ham**

## 2.99

lb.

**Old Wisconsin  
Swiss Cheese**

## 3.99

lb.

**California  
Navel Oranges**

## 2.98

8-POUND BAG

**FRESH BAKED  
Twin  
French Bread**

## 99¢

16 OZ.

**Mild Flaky  
Jumbo Cod**

## 3.99

lb.

**Medium  
Yellow Onions**

## 68¢

3-LB. BAG

**Iced  
Raisin Bread**

## 1.99

20-OUNCE LOAF

**Farm Fresh  
Whole Catfish**

## 2.69

lb.

**FRENCH OR ITALIAN BLEND  
Dole  
Salad Mix**

## 1.68

10-OZ. BAG

# Shop 'n Save

The more you shop ♪  
the more you save. SM

\*PRICES GUARANTEED THRU FEBRUARY 11, 1995  
AT THE ST. LOUIS METRO STORES ONLY  
\*WE RESERVE THE RIGHT TO LIMIT  
\*NO SALES TO DEALERS  
\*BAKERY/DELI/SEAFOOD NOT AVAILABLE  
AT ALL LOCATIONS

**For Store Locations  
Call (314)984-0900**



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 99. **100% Cotton**  
 100. **100% Cotton**

Must be enthusiastic & energetic, with a strong ability to lead a sales team. Previous management experience necessary. Computer/painting skills helpful. Send reply to:

Box 500  
c/o The Telegraph  
po Box 278  
Alton, IL 62002-0278

**SALES HELP**  
**PROFESSIONAL HOME**  
**FURNISHINGS**  
**DESIGN CONSULTANT**

I work between 40 and 44 hours per week. I really like people and get a lot of satisfaction by knowing that I can help them make their home a more comfortable place to live. I work in a well displayed showroom with a large product selection and presently earn between \$1,500 and \$2,000 per month. And, I'm not the highest paid salesperson in the Company.

Send resume and salary history to:

Call now and ask for Linda.

**KLOSS FURNITURE**

**618-654-8634**

**SALES HELP**  
**DECORATING CONSULTANT**

I work hard and want to better things in life. My career rewards me well for my effort. I work between 42 & 46 hours per week in a well displayed floorcovering showroom. I enjoy people and get great personal satisfaction from knowing that their lives will be better for having purchased my product. I presently earn \$2200/mo and I'm not the highest paid salesperson in my company.

*If this sounds like you, we should talk  
Call now and ask for Cheryl*

**KLOSS FURNITURE**

**618-654-8634**

\_\_\_\_\_

### 320 HELP WANTED

**DISPATCHERS**  
National bulk carrier based in the Midwest area has an opening for a Dispatcher. Responsibilities will include scheduling, routing, and local and long distance. Experience preferred. Will train the right candidate. Excellent benefits plus a 401K program. Send resume in confidence to: Dispatcher, P.O. Box 228, Madison, IL 62226-0228.

**DRIVERS**  
DRIVERS: FLATBED OFF-ROAD, home wrecks, some wrecks, paid holidays, late model conventional trucks, good driving record, CDL Class A license, \$15,000-\$20,000. Growing area. Call today! 800-557-8013 or 618-431-4314. Apply to: North Broadway, St. Louis.

### 320 HELP WANTED

**DRIVERS**  
Opportunity is knocking. Expanding Midwest regional fleet in need of a few good drivers. Late model conventional trucks, good driving record, CDL Class A license, \$15,000-\$20,000. Growing area. Call today! 800-557-8013 or 618-431-4314. Apply to: North Broadway, St. Louis.

### 320 HELP WANTED

**DRIVERS**  
Opportunity is knocking. Expanding Midwest regional fleet in need of a few good drivers. Late model conventional trucks, good driving record, CDL Class A license, \$15,000-\$20,000. Growing area. Call today! 800-557-8013 or 618-431-4314. Apply to: North Broadway, St. Louis.

### 320 HELP WANTED

**TANK TRUCK DRIVERS**  
Join The Leader! If you have 100k miles experience with safe driving record you may qualify to be part of our team. We offer:  
• Top pay package  
• Full benefits package  
• Employer matching 401K  
• Local driving  
Call 800-557-8013 or 618-431-4314. Apply to: North Broadway, St. Louis.

### 320 HELP WANTED

**PART TIME DELIVERY**  
For Suburban Journal routes. TWO NIGHTS/ WEEK SAT/SUN and TUES/WED. \$8.00 to \$10.00/hour. Must have van & insurance. Call today! (MO) 522-1500 ASK FOR RICK PLATT (IL) 235-5747 ASK FOR BRAD WOBBE

### 320 HELP WANTED

**EDUCATION**  
South County Montessori preschool child-care center seeking full-time and substitute for infant through kindergarten programs. Competitive salary, paid vacation and benefits.  
Call STAFIE 314-922-4446

### 320 HELP WANTED

**HARD WORKERS WANTED**  
Must have good driving record. Experience with heavy machinery. Call today! 800-557-8013 or 618-431-4314. Apply to: North Broadway, St. Louis.

### 320 HELP WANTED

**MECHANIC**  
Now accepting applications for full or part time. Must have good driving record. Experience with heavy machinery. Call today! 800-557-8013 or 618-431-4314. Apply to: North Broadway, St. Louis.

### 320 HELP WANTED

**PRINTING**  
Entry level production workers needed. Must be available for shift work and weekends. Excellent starting salary and benefits. Send resume and salary requirements to: P.O. Box 3027 Journals, 1714 Deer Tracks Trail, St. Louis, MO 63131

### 320 HELP WANTED

**STAFFING SERVICE**  
Taking applications for all types of office positions. Recent office experience necessary. Apply February 8th at: 1111 N. Grand Blvd., Suite 200, St. Louis, MO 63103. Call 466-8226

## MAKE YOUR HOME QUARTERS.

Home Quarters Warehouse

### PART-TIME POSITIONS AVAILABLE:

- FLEXIBLE HOURS**—Must be available Days and Weekends.
- COMPETITIVE WAGES!**  
Home Quarters Warehouse offers top dollar for experience. We have a work schedule to match your lifestyle! We offer a vacation and profit sharing plan as part of our part-time associate benefits program.
- SALES ASSOCIATES**
- ELECTRICAL
  - BUILDING MATERIALS
  - PLUMBING
  - FLOORING
  - PAINT
  - HOME DECOR
  - HARDWARE
  - TOOLS
  - MILLWORK
  - LAWN & GARDEN
  - KITCHEN & BATH
- CASHIERS** **TRUCK DRIVERS**

WE ALSO HAVE SEASONAL TEMPORARY POSITIONS AVAILABLE.

HQ offers a friendly working environment with competitive pay and benefits. Please apply in person, Monday-Saturday, 8am-6pm, at one of the following locations:

**South County Warehouse**  
6303 S. Lindbergh Blvd.  
Fairview Heights Warehouse  
51 Commerce Lane  
Cave Springs Warehouse  
4104 North Cleveland Drive

**Bridgeton Warehouse**  
11333 Blake Lane  
Manchester Warehouse  
14205 Manchester Road  
Florissant Warehouse  
42 Grandview Plaza

We will only respond to those candidates who are interested in interviewing. All applicants will be required to pass a drug screening test before being hired. Equal Opportunity Employer.



Home Quarters Warehouse

## An Opportunity You Can Sink Your Teeth Into.

Join Home Quarters Warehouse and you'll have the good fortune of coming up with one of the nation's fastest growing high-volume do-it-yourself warehouse chains. When you do, you'll be opening yourself up to the many opportunities that come with being part of a rapidly expanding and exciting organization such as ours. So your present position isn't cutting it for you, look into one that will.

**SALES ASSOCIATES**  
**Full- & Part-Time**  
**JOIN US DURING OUR REMODELING!**  
We have a variety of full-time temporary (3 months) positions. Hours are 10pm-6:30am.

HQ offers a friendly working environment with competitive pay. Please apply in person Monday-Saturday 9am-9pm, at our Florissant Warehouse, 42 Grandview Plaza or our Fairview Heights Warehouse, 51 Commerce Lane. All applicants will be required to pass a drug screening test before being hired. Equal Opportunity Employer.



**PART TIME DELIVERY**  
For Suburban Journal routes. TWO NIGHTS/ WEEK SAT/SUN and TUES/WED. \$8.00 to \$10.00/hour. Must have van & insurance. Call today! (MO) 522-1500 ASK FOR RICK PLATT (IL) 235-5747 ASK FOR BRAD WOBBE

**STEADY WORK ALWAYS AVAILABLE**  
Full and part time positions. No lay offs. No dangerous assignments. Retirees/women/seniors welcome. City and County locations available. Advancement possible. Apply in person, 8am-4pm.  
314 North Jefferson (at Olive), St. Louis

**TRUCK DRIVERS WANTED**  
OTR with at least one year flatbed experience. Must pass DOT. Local drivers needed with van experience. Must pass DOT and have one year experience. 4pm, Monday-Friday.  
618-931-0214

# MEDICAL/HEALTHCARE CAREERS

**PHYSICIANS NEEDED**  
To complete insurance contracts on a mobile basis in the St. Louis area. Current license and malpractice insurance required. For information, call 822-9553

**NURSES IMMEDIATELY FOR EXPERIENCED**  
**CNAs • LPNs • RNs**  
MAXIM HEALTHCARE SERVICES Presents It's New St. Louis Office! Come join the nation's fastest growing nurse staffing/health care company. Tremendous opportunities with flexible hours and great pay! Call 314/962-7221. Equal Opportunity Employer.

**COOKS**  
Full time, all shifts  
**DIET AIDE**  
Full time  
Experience preferred; Competitive salary and benefits. Apply in person only.  
**BROOKTON NURSING CENTER**  
12145 Bridgeton Sq. Dr. Bridgeton, MO 63044  
Equal opportunity employer

**RN**  
Full time night position available  
**CNAs**  
Full or part time evening & night positions every other weekend off  
Conveniently located near DePaul Hospital  
Apply in person  
MARK TWIN MANOR  
11968 Mark Twin Ln. Bridgeton MO 63044  
Equal opportunity employer

**NAs**  
Excellent career opportunity Fully funded certification class available now! Full time positions on 7 & 8 1/2 shifts. Competitive wages with benefits available.  
**EARN WHILE YOU LEARN!**  
Contact The Westchester House, 448-1200.  
550 White Rd. Chesterfield  
Equal opportunity employer

**CNAs**  
Do you enjoy helping others? Do you believe aging should be treated with dignity and respect? Are you committed to providing quality care? If so, explore a career at American Healthcare Center, Owned by Manor Healthcare, a nationally known leader in long term care. We are looking for certified individuals who are willing to support and become a part of our quality organization.  
Immediate openings exist on our night shift (11-7) although applications are currently being accepted for all shifts. Competitive salary and potential for advancement. We offer a 4 week vacation after one year of service. Interested candidates should apply in person at:  
American Healthcare Center  
1200 Graham Road  
Florissant MO 63031  
Equal opportunity employer

**DIETETIC TECHNICIAN**  
For multi-national documentation. Full time position with a progressive company. Great benefits.  
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Immediate openings for people with reliable transportation and one year nursing home experience. Weekly pay. All shifts available. For interview, call Ginger.  
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Private Duty & Live-ins also needed. Great benefits and salary, along with work in all areas.  
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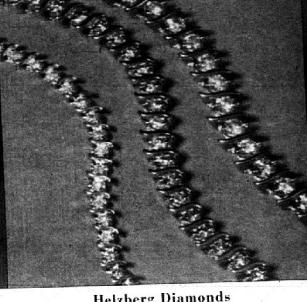




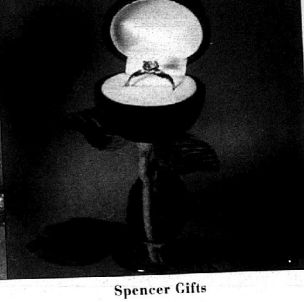
Saturday Matinee



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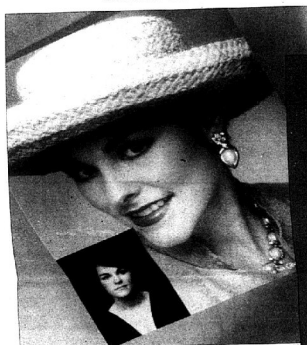
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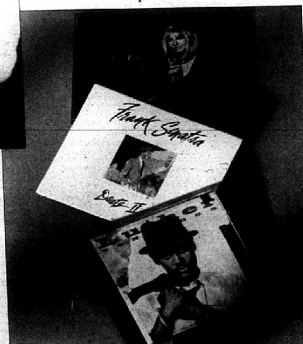
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